# Chronic Obstructive Pulmonary Zones for Self-Management

**GREEN Zone: All Clear**

<table>
<thead>
<tr>
<th>Base weight:</th>
<th>_________</th>
<th>\ O₂ % saturation goal</th>
<th>_________</th>
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- No cough, wheeze, chest tightness, or shortness of breath during the day or night.
- No weight gain or loss of 3 lbs or more.
- No decrease in your ability to maintain normal activity level.

**Green Zone means:**
- Your symptoms are under control.
- Continue taking your medicine and exercise as ordered.
- Continue low salt diet.
- Keep MD appointments.

**YELLOW Zone: Caution**

If you have any of the following signs or symptoms:

- Increase in amount of sputum (phlegm), change in color, and/or sputum becomes thicker.
- Increased cough or wheezing even after you take your medicine and/or increase in number of quick relief medications used.
- Increased swelling of ankles and/or feet.
- Weight loss or gain of 3 lbs or more.
- Fever of 100.5° F oral or 99.5° F under your arm.
- Increased number of pillows needed to sleep.
- Increased shortness of breath limiting activities, walking or talking.

**Yellow Zone means:**
- Add “Quick Relief Medicine”

**Call your Home Health Nurse or Physician if you are in the YELLOW ZONE**

**RED Zone: MEDICAL ALERT**

- Very short of breath or chest pain that is not relieved.
- Increased shortness of breath at rest.
- Need to sleep in chair.
- Respiratory effort and rate increased, increased wheezing or chest tightness, skin between neck and ribs pulls in with breathing.
- Skin color is pale or gray, or fingernails or lips are blue.
- Chest pain worsens when you breathe or cough.

**Red Zone means:**
- This indicates that you need to be evaluated by a physician right away.

**Call your Physician if you are in the RED ZONE**

**CALL 911 IN AN EMERGENCY SITUATION**