

Chronic Obstructive Pulmonary Zones for Self-Management

GREEN Zone: All Clear

Base weight: _____ **O₂ % saturation goal** _____

- 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.



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

Yellow Zone means:

- Add "Quick Relief Medicine"

- Your symptoms may indicate that you need an adjustment in your medications.

Call your Physician:

Phone Number:

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.



Call your Physician if you are in the RED ZONE

CALL 911 IN AN EMERGENCY SITUATION

Red Zone means:

This indicates that you need to be evaluated by a physician right away.

Call your Physician:

Phone Number:
