



# CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Chronic Obstructive Pulmonary Disease is a gradual lung disease that over time makes it hard to breathe

## Some symptoms are:

- Chronic cough
  - Fatigue
  - Producing a lot of mucus
  - Regular respiratory infections
  - Shortness of breath
  - Wheezing
- Many people do not show symptoms until later stage of the disease.*

## Every Day

1. Take daily medication.
2. AVOID cigarette smoke at ALL times.

## WHAT ZONE ARE YOU IN TODAY? GREEN, YELLOW, OR RED?

### Green Zone: I am doing well today

- Appetite is good
- Normal activity and exercise level
- Normal amount of cough and mucus
- Sleep well at night

#### *Green Zone Action:*

Keep taking your medications, use oxygen as prescribed, continue regular exercise/diet plan.

### Yellow Zone: I am having a bad day or COPD flare

- Appetite is good
- Feel like have a chest cold
- Increase or thicker mucus
- Less energy for daily activity
- Medicine is not helping
- More breathless than usual
- Poor sleep/symptoms woke you up
- Swelling of ankles more than usual

#### *Yellow Zone Action:*

Continue medication, use oxygen as prescribed, use pursed lip breathing, use quick relief inhaler as prescribed. Call your doctor immediately if symptoms do not improve.

Doctor #: \_\_\_\_\_

### Red Zone: I need urgent medical care

- Chest pains
- Coughing up blood
- Feeling confused or very drowsy
- Fever or shaking chills
- Not able to do any activity because of breathing
- Not able to sleep because of breathing
- Severe shortness of breath even at rest

#### *Red Zone Action:*

Call 911 or seek medical care immediately