Chronic Obstructive Pulmonary Disease Zones for Self-Management

Name:_____________________________________________________________________________ Date:_____________________________

GREEN Zone: All Clear

Your normal weight:

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- No decrease in your ability to maintain normal activity level

Green Zone means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Follow low-salt diet
- Keep all physician appointments

YELLOW Zone: Caution

If you have any of the following signs or symptoms:

- Sputum (phlegm) that increases in amount of color or becomes thicker than usual
- Increased cough or increased wheezing even after you take your medicine and it has time to work
- Increased swelling of ankles and/or feet
- Increased shortness of breath with activity
- Weight loss or gain of 3 lbs.
- Fever of 100.5°F oral or 99.5°F under your arm
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

Call your 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

Physician: __________________________
Number: __________________________

RED Zone: Medical Alert

- Peak flow less than 50% of personal best
- Very short of breath
- Usual activities very limited
- Difficulty walking and talking due to shortness of breath
- Respiratory effort increased, skin between neck and ribs pulls in with breathing
- Skin color is pale or gray
- Fingernails or lips are blue

Call your physician if you are in the RED ZONE.

Red Zone means:

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

Call your physician and call 911

Physician: __________________________
Number: __________________________