

Managing COPD at Home:

HOW DO I FEEL TODAY?

If you noticed any symptoms in the yellow zone, call your doctor. Do not wait until your symptoms are so severe you need emergency care.



GREEN ZONE:

You are in control.
No action needed.

- My cough is the same as always.
- My usual dose of medicine is working.
- My breathing is at its usual pace.

YELLOW ZONE:

Take action today.
Call your doctor or nurse practitioner within 24 hours.

- My cough is worse than usual.
- My mucus has changed; it is more than usual and/or looks yellow, green or gray.
- I'm using my rescue inhaler or nebulizers more often.
- I have trouble breathing while doing regular activities like walking, talking, eating, bathing or dressing.
- I feel tired or restless.
- I need more oxygen.
- I need more pillows or you have to sit up to sleep.
- I have a fever of 100.4 or higher.

RED ZONE:

Take action now.
Go to the Emergency Room or call 911.

- My rescue medications are not working.
- I have more trouble breathing when resting.
- I feel confused or sleepy.
- My lips or nails are turning gray or blue.

Do you need help taking control of your COPD?

The experts at the University of Maryland Medical System can partner with you to manage your COPD. Learn more at umms.org/COPD.