

GREEN LIGHT TO GO!

COPD ZONES

**EVERY
DAY**

- Your symptoms are under control.
- Take your medication as ordered.
- Balance rest and activity.
- Keep all doctor appointments.
- Manage flare-ups by reducing stress and controlling breathing.
- Strongly recommended: Get your pneumonia vaccines.
- Strongly recommended: Get a flu vaccine every year!

Which ZONE are you in today? ● GREEN ● YELLOW ● RED

**GREEN
ZONE**

ALL CLEAR: This is your goal zone.

- Breathing without difficulty.
- Can do normal activities.
- Free from any chest burning, tightness, heaviness, or pressure.
- Cough and sputum production at baseline.

**YELLOW
ZONE**

WARNING ZONE: Call your physician.

- You are not able to be as active as normal.
- More cough or sputum.
- Burning, tightness, heaviness, or pressure in your chest.
- Yellow, green, bloody, or smelly mucus.
- More shortness of breath.
- Using inhalers more.

**RED
ZONE**

MEDICAL ALERT ZONE: Call 911 if you have:

- Shortness of breath, wheezing, or coughing that does not go away.
- Chest pain that does not go away.
- Tightness in your chest that does not go away with rest or medication.
- Fever or chills.
- More fatigue.
- Swollen ankles.

Provider: _____

Number: _____

GULF COAST VETERANS HEALTH CARE SYSTEM | MMS, 18-120B, 2/2018V

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Gulf Coast Veterans Health Care System