



Chronic Obstructive Pulmonary Disease (COPD) Management

Green Zone: "I Feel Well"

Goal Oxygen (O₂) Saturation: _____

- I am able to do my usual activities
- I have no new symptoms
- I do not have chest pain
- My medications are controlling my symptoms

Green Zone: What should I do?

- Continue taking medications as prescribed
- Continue activity as tolerated
- Keep all medical appointments

Yellow Zone: "I Feel Different"

When I have **any** of the following:

- increased cough and/or sputum production
- increased in shortness of breath with activity
- increase in the amount of quick relief medications used
- change in usual energy level or increase in either fatigue or restlessness
- anything else unusual that is worrying

Yellow Zone: What should I do?

- I may need my medications adjusted so I need to **call the ICC Coordinator:**
905-522-2324 (Hamilton local) or
1-877-611-0669 (Toll free)

Instructions:

Red Zone: "I am in Danger"

1. I have unrelieved shortness of breath or shortness of breath at rest
2. I have unrelieved chest pain
3. I feel confused
4. I have wheezing or chest tightness at rest
5. I need to sit in chair to sleep
6. I have weight gain or loss of 5 pounds (2.3 kilograms) or more

Red Zone: What should I do?

- If I have 1., 2., or 3., call 911 or my local emergency number right away.
- If I have 4., 5., or 6., call my doctor or health care provider right away

Doctor: _____

Number _____

