

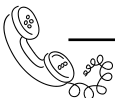

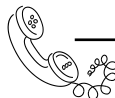


Managing COPD at home

Use this guide to check your COPD (chronic obstructive pulmonary disease) signs and symptoms.

| |  Green Zone You are in control. |  Yellow Zone Take action today. Call:  _____ _____ |  Red Zone Take action now! Call:  _____ _____ |
|--------------------------------|---|---|--|
| How is my cough? | Cough is normal for me. | <ul style="list-style-type: none"> Cough is worse than normal. More or thicker mucus than usual. Mucus looks yellow, green or gray. | <ul style="list-style-type: none"> My cough isn't going away. Coughing up blood. |
| Is my medicine working? | My normal dose is working. | I need to use my inhaler or nebulizer more often. | I need to use my inhaler or nebulizer a lot more often today. |
| How is my breathing? | Breathing is normal for me. | Trouble breathing when I eat, talk or move. | Trouble breathing at rest. |
| How is my energy? | I can do my usual activities | Too tired to do most of my usual activities. | I can't do any of my usual activities. |
| How am I sleeping? | Sleep is normal for me. | Trouble sleeping. My symptoms woke me up. | I can't sleep because of difficulty breathing. |
| Do I have a fever? | No fever. | Fever between 100°F to 101.4°F. | I have chills or a fever of 101.5°F or higher. |
| Do I need to call 911? | | | Yes, call 911 if: <ul style="list-style-type: none"> Severe shortness of breath at rest. I have unusual chest pain that doesn't go away with rest. My lips or nails are turning blue. I'm sleepy or confused. |

My action plan for managing COPD at home

Lung Function Measurements

Date: _____

- Weight: _____ lbs.
- FEV1: _____ L _____ % predicted
- Oxygen Saturation: _____ %

Oxygen Goal Levels

- Resting: _____
- Increased Activity: _____
- Sleeping: _____

Medications for COPD

Type _____ Name _____ How much _____ When _____

Type _____ Name _____ How much _____ When _____

Type _____ Name _____ How much _____ When _____

Steps I can take to manage my COPD:

1. Check your signs and symptoms every day. Have a plan for getting help if you get sick.
2. Use your inhaler, oxygen, or breathing treatment (like purse lip breathing) as needed.
3. Avoid “triggers” like dust, pollution or very cold air that can cause a COPD flare-up.
4. Avoid smoking and secondhand smoke. If you smoke, make a plan for quitting with your doctor. You’re more likely to quit smoking if those around you quit too.
5. Be active every day. Walk, garden, bike, or do other activities.
6. Talk to your doctor about
 - a. Pulmonary rehabilitation program. It’s a program to help you learn to breathe and function at your best.
 - b. Lung cancer screening. You might need a screening depending on your age and smoking history.
 - c. Flu and pneumonia vaccine.

Your care team will work with you to set goals so you can stick to your plan. This information is not meant to replace the information you get from your care team or doctor.