

# 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 UM Baltimore Washington Medical Group – Lung Associates can partner with you to manage COPD. Call **410-768-3701** to schedule an appointment today.