

COPD stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- My breathing is normal for me.
- I can do my usual daily activities.
- I have my usual amount of coughing and mucus.
- I slept well in my normal sleep location (bed, recliner, etc.).
- I have not had any changes to my eating habits.
- My oxygen level is 90% or above (or per doctor/provider instructions).
- _____

How I'll prevent symptoms today

I will:

- Continue my regular exercise.
- Eat a healthy diet.
- Take my daily COPD (lung) medicine as prescribed.
- Use oxygen as prescribed (if prescribed by my doctor).
- Avoid cigarette smoke and inhaled irritants.
- Avoid people that have symptoms of being sick (flu, COVID, colds, etc.).
- Practice good hand washing throughout the day.



Yellow Zone

I'm not feeling good.

- I have a cough, wheezing or trouble breathing that is new or worse than my normal.
- I am using my rescue inhaler/nebulizer more often.
- I have more mucus, thicker mucus, or my mucus has changed in color.
- I have less energy for my daily activities.
- I am not sleeping well because of my symptoms.
- I feel like I am coming down with a cold or chest infection.
- I am feeling more tired than normal.
- I don't feel like eating as I normally do.
- My oxygen is below 90% (or per doctor/provider instructions).

Caution!

Take action TODAY. I will:

- Report these symptoms to my doctor/provider without delay.
- Continue to take my daily COPD (lung) medications as prescribed **AND**
- Take the "as needed" medications prescribed for yellow or red zone symptoms.
- Use oxygen as prescribed (if prescribed by my doctor/provider).
- Rest and use pursed lip breathing.
- Call my doctor/provider if my symptoms do not improve.
- _____



Red Zone

I feel awful!

- I have severe trouble breathing or chest pain, even when I'm resting.
- I am unable to do any activity because I have trouble breathing.
- I am feeling confused, disoriented, agitated, or very drowsy.
- I have a fever or shaking chills.
- I have a blue color around my lips or fingers.
- I am coughing up blood.

Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:
- _____
- _____
- _____

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Doctor/Provider: _____

Phone: _____

Use the zone stoplight tool to keep track of how you are feeling from day to day. The tool shows you actions to take on days when you're feeling good and on days when you're not feeling good. The goal is to live as many days as possible in the **Green Zone**, where you're feeling good and doing the things you want to do.

Please complete the medication list and the zone stoplight tool on the first page with your doctor or healthcare provider. Then, bring the zone stoplight tool with you every time you visit your doctor or provider so you can talk about it and update it together.

My COPD medications

| COPD medications I take every day to stay healthy | | | |
|---|------------------|-----------------------------------|--------------------|
| Name of medicine | What it does | How much to take and when to take | Other instructions |
| | | | |
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| | | | |
| Medications I take "as needed" for yellow/red zone symptoms | | | |
| Name of medicine | What it does | How much to take and when to take | Other instructions |
| | | | |
| | | | |
| | | | |
| My normal oxygen levels are: | | | |
| Resting: | During activity: | Sleeping: | |