

Controlling COPD at home

How do I feel today?



Main Line Health®
HomeCare & Hospice



Green zone

You are
in control.



Yellow zone

Take action today.
Call:





Red zone

Take action now!
Call:



**How is my
cough?**

My cough is
normal.

My cough is worse
than normal.

Change in mucus:

- More than normal
- Looks yellow, green
or gray

My cough is not
going away.

**Is my
medicine
working?**

My normal dose
is working.

I need to use my
medicine more often
than normal.

My medicine is not
working.

**How is my
breathing?**

My breathing is
normal.

I have trouble
breathing while:

- Walking or talking
- Eating
- Bathing or dressing

I feel tired or restless.

- I have more
trouble breathing
at rest.
- I feel confused or
sleepy.
- My lips or nails
are turning gray or
blue.

Other:

I have a fever of 101.5
or higher.

I have chest pain or
pressure that does
not go away.

My action plan for controlling COPD at home

Things I can do:

- ☐ **Ask “How do I feel today?”**
- ☐ **Stop smoking**
- ☐ **Take my medicine**
Use my inhaler, oxygen or breathing treatment
- ☐ **Look for signs of infection:**
 - Change in cough or mucus
 - More wheezing or trouble breathing
 - Trouble sleeping or feeling tired
 - Fever
- ☐ **See my doctor**
- ☐ **Drink plenty of water**
At least 8 cups each day
- ☐ **Get exercise each day**
- ☐ **Have a plan for getting help**
- ☐ **Other ideas:**

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.