

COPD zone stoplight tool

My name: _____ Date: _____

Doctor/provider's name: _____ Phone: _____

Emergency contact: _____ Phone: _____

Use the zone stoplight tool to keep track of how you are feeling from day to day. 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. The tool shows you actions to take on days when you're feeling good and on days when you're not feeling good.

Please complete the medication list and the zone stoplight tool on the next 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

Regular medications I take every day to stay healthy

Name of medicine	What it does	How much to take and when to take	Other instructions

Special medications I take on yellow zone days

Name of medicine	What it does	How much to take and when to take	Other instructions

Oxygen

Resting:	During activity:	Sleeping:
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GREEN ZONE

I'm doing well.

- My breathing is normal.
- I can do my usual activities.
- I have my usual amount of coughing and mucus.
- I got enough sleep.
- I have a good appetite.

How I'll prevent symptoms today:

- I will stick to my regular exercise and eating plan.
- I will take my regular medicine as prescribed. (See regular medication list.)
- I will use oxygen as prescribed.
- I will avoid cigarette smoke and inhaled irritants.
- _____

YELLOW ZONE

I'm not feeling good.

- I am more breathless than usual.
- I am using my quick relief inhaler/nebulizer more often, but it's not helping.
- I have more mucus or thicker mucus.
- I am not sleeping well because of my symptoms.
- I don't feel like eating.
- I have more ankle swelling than usual.
- I feel like I'm coming down with a cold.

Caution! Take action:

- I will report these symptoms to my doctor or provider **TODAY**.
- I will rest and use pursed lip breathing.
- I will continue to take my regular medication.
- I will start the **special medications** my doctor said to take when I'm in the Yellow Zone.
- _____

RED ZONE

I feel awful!

- I have severe shortness of breath or chest pain, even when I'm resting.
- I am feeling confused or disoriented.
- I have a fever or shaking chills.
- I have a blue color around my lips or fingers.
- I am coughing up blood.

Get help:

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

