

GREEN ZONE: ALL CLEAR

Your symptoms are under control

- Breathe easy doing usual activities
- Phlegm/mucus is clear or white, easy to cough up, small amount
- Sleeping well
- Can do usual activities without tiring



GREEN ZONE MEANS:

- Continue with your usual activities including exercise
- Take medicine as ordered by your doctor
- At all times avoid cigarette smoke, inhaled irritants

YELLOW ZONE: CAUTION

- More shortness of breath, wheezing or coughing than usual
- Less energy for my daily activities
- Phlegm/mucus is thicker or stickier than usual
- Blood in phlegm/mucus
- Fever or feel like you have a chest cold
- Using quick relief inhaler/nebulizer more often
- Gained or lost weight for no reason; swelling in feet or ankles
- Tired and not able to finish usual activities without resting
- Trouble sleeping, symptom keep you awake
- Poor appetite
- Breathing does not improve with rescue inhaler



YELLOW ZONE MEANS:

- Take nebulizer treatment or rescue inhaler
- Use pursed lip breathing and relaxation exercises
- Pace yourself and limit activities
- Drink more water if no fluid limits
- Avoid coffee, tea and soda
- Deep breathe and cough to clear phlegm/mucus

Please call your care provider:

Care provider _____

Phone Number _____

■ **MultiCare Consulting Nurse:**
253.792.6300

RED ZONE: MEDICAL ALERT

- Chest pain
- Feel like you are going to faint
- Frightened by how tired you are
- Confused, drowsy or restless
- Coughing up blood
- Fever or shaking chills
- Not able to sleep because of breathing
- Not able to do any activity because of breathing
- Severe shortness of breath at rest



RED ZONE MEANS:

You need to call

911 NOW!

