### Every Day COPD Zone

**EVERY DAY:**
- Take good care of yourself: eat healthy foods, exercise regularly, get enough sleep and balance activity with rest
- Take all your medications as prescribed by your doctor. Ask for help if you have any questions
- Reduce your chance of picking up germs and getting sick by: staying away from anyone who is sick, not touching your eyes, nose or mouth and washing your hands often
- Avoid triggers that can make COPD worse: cigarette smoking, very cold or very humid air
- Living with COPD may cause fear, anxiety, depression, and stress. Talk to your doctor or nurse about this

Which COPD Zone are you today? **GREEN**, **YELLOW** or **RED**

---

### Green Zone

**ALL CLEAR:** This zone is your goal
- No increase in shortness of breath
- No fever
- No increase in the amount, thickness or stickiness of your mucous (phlegm or sputum)
- No swollen ankles
- No symptoms of a cold
- No unusual feelings of fatigue

*Ask your doctor or nurse about getting an annual flu shot*

---

### Yellow Zone

**CAUTION:** This zone is a warning
Call your doctor or nurse if you have ANY of the following:
- More short of breath than usual
- New cough, or a cough that is worse than usual
- A change in colour from your normal mucous (phlegm, or sputum)
- A change in the amount, thickness or stickiness of your mucous (phlegm or sputum)
- Fever of 38 °C (100.4 °F) or above
- Symptoms of a cold, such as a headache, runny nose, or sore throat
- Swollen ankles
- Feeling more tired than usual

---

### Red Zone

**EMERGENCY:**
Go to the EMERGENCY DEPARTMENT or CALL 911 if you have ANY of the following:
- Breathing is MUCH worse than usual
- New chest pain, or chest pain that is much worse than usual
- Confusion, not able to think clearly
- Severe dizziness or fainting

---