

# Controlling COPD at home







How do I feel today?



Sutter Care at Home

A Sutter Health Affiliate

With You. For Life.

	 <b>Green zone</b> You are in control.	 <b>Yellow zone</b> You have a COPD flare-up or infection. Report this to:	 <b>Red zone</b> Call your doctor now!
<b>How is my cough?</b> 	Cough is normal	Cough is worse than normal  Change in mucus: <ul style="list-style-type: none"> <li>• More than normal</li> <li>• Looks yellow, green or gray</li> </ul>	Chest pain that does not go away
<b>Is my medicine working?</b> 	Normal dose is working	Need to use my medicine more often than normal	Medicine is not working
<b>How is my breathing?</b> 	Breathing is normal	More trouble breathing while: <ul style="list-style-type: none"> <li>• Walking</li> <li>• Talking</li> </ul> Feel tired or restless	<ul style="list-style-type: none"> <li>• More trouble breathing at rest</li> <li>• Feel confused or sleepy</li> <li>• Lips or nails turning gray or blue</li> </ul>
<b>Other:</b>		Fever	

# 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.