

# Chronic Obstructive Pulmonary Disease (COPD)

## Zones and Rescue Kit



### Green Zone

I am doing my personal best.

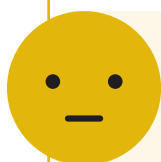
**Symptoms:**

**Action:**



I have my usual cough/mucus. I am eating, sleeping and my activity level is as usual.

Take your medicine as ordered. Do not smoke or expose yourself to second-hand smoke.



### Yellow Zone

I'm having a bad day or COPD flare-up.

**Symptoms:**

**Action:**



I have more shortness of breath, thicker mucus or change in color of mucus. I am using my rescue inhaler more often, have poor sleep, chest cold, or reduced energy.

Ask your doctor to see you today and start your COPD Rescue Kit if available, including antibiotic and/or steroids.



### Red Zone

I need urgent medical care.

**Symptoms:**

**Action:**



Nothing is helping. I have severe shortness of breath at rest, am unable to eat, sleep, or do activities. I have a fever, chills, chest pain, am coughing up blood, confused, or very drowsy.

These symptoms may be noticed by you or someone close to you.  
**CALL 9-1-1.**

This is your COPD self-management guide. **This is only a guideline and should never replace medical advice from your doctor.** Call your doctor if you start your COPD Rescue Kit. You will need a refill for future use and a follow-up appointment.

For non-emergent concerns, call your COPD Navigator, Tammy at **440-827-5165**.

# Using Your COPD Rescue Kit

## What is included in my COPD Rescue Kit?

- An antibiotic (for infection)
- Prednisolone (for inflamed airways)
- Albuterol inhaler (for shortness of breath)
- Use all medications as directed

## When should I start my COPD Rescue Kit?

I am in my **YELLOW ZONE**, and have:

- Increased shortness of breath
- More or thicker mucus
- Change in color of mucus

## What should I do after I start my COPD Rescue Kit?

- Use your COPD rescue kit as prescribed.
- Do not smoke. You are at higher risk of COPD exacerbation and readmission to the hospital.
- Stay hydrated and rest. It may take up to 48 hours to start feeling better.
- Use your CPAP as needed if you have one.

## I do not have a rescue kit, what should I do?

- Call your doctor for a same-day appointment.
- Only your doctor can prescribe or refill your COPD rescue kit.
- Go to urgent care.
- Go to the ER if you are getting worse or in your **RED ZONE**.



Scan this QR code to learn more about the COPD rescue kit and L.U.N.G. program.