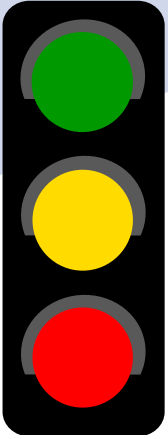


Zone Tool COPD



Every Day:

- ✓ Take your medicine as ordered.
- ✓ Check for any swelling in feet, ankles or legs.
- ✓ Eat low-salt/low-sodium foods.
- ✓ Balance activity and rest periods.
- ✓ Avoid smoking and secondhand smoke.

All Clear Zone ... *This is the safety zone if you have:*

- No shortness of breath
- No weight gain more than two pounds (weight may change one or two pounds some days)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

Warning Zone ... *Call your doctor if you have:*

- Phlegm that increases in amount or changes in color or becomes thicker than usual
- Increased cough or wheezing
- Swelling of ankles or feet
- Shortness of breath with activity
- Weight loss or gain of three pounds in one day
- Fever of 100.5 F oral or 99.5 F under the arm
- Increased number of pillows needed to sleep or need to sleep in chair
- Anything else unusual that you assess or the resident mentions
- Symptoms that may indicate an adjustment in medication or oxygen therapy is needed

Medical Alert Zone ... *Go to the Emergency Room or call 911 if you have:*

- Unrelieved shortness of breath
- Unrelieved chest pain
- Increased or irregular heart beat
- Change in color of your skin, nail beds or lips to gray or blue