

EVERYDAY

- Take medications as prescribed
- Use oxygen as prescribed
- Eat a healthy diet and exercise
- Avoid respiratory irritants



GREEN ZONE

- Able to tolerate usual level of activity
- Sleeping well at night
- No changes in cough or mucus production
- Appetite is good



YELLOW ZONE

Notify your primary care doctor if:

- Decreased activity tolerance
- Increase in swelling to ankles
- More coughing than usual
- Feel like you have a "chest cold"
- Changes in phlegm or mucus color or amount



RED ZONE

Seek immediate medical attention if:

- Inability to sleep due to symptoms
- Using inhaler or nebulizer more often
- Feeling confused or drowsy

SIGNS OF RESPIRATORY INFECTION including: fever, malaise or wheezing