yellow zone: bad day or flare-up
- Short of breath more than usual
- A lot more sputum (mucus) than usual.
- Sputum looks yellow, green, tan, brown, or bloody.
- More coughing or wheezing
- Fever or chills
- Less energy; trouble completing activities
- Trouble thinking or focusing
- Using quick relief inhaler or nebulizer more often
- Poor sleep; symptoms wake me up
- Do not feel like eating

actions:
- Get plenty of rest.
- Take daily medicines
- Use quick relief inhaler every _____ hours
- If you use oxygen, call your doctor to see if you should adjust your oxygen
- Do breathing exercises or other things to relax
- Let a loved one, friend, or neighbor know you are feeling worse
- Call your care team if you have 2 or more symptoms. Start taking steroids or antibiotics if directed by your care team.

red zone: need medical care now
- Severe shortness of breath (feel you can’t breathe)
- Fever, chills
- Not enough breath to do any activity
- Trouble coughing up mucus, walking or talking
- Blood in mucus
- Frequent coughing
- Rescue medicines are not working
- Not able to sleep because of breathing
- Feel confused or drowsy
- Chest pain

actions:
- Call your health care team. If you cannot reach your care team, call 911 or go to the emergency room.
If you are directed to take prednisone or an antibiotic:

- Take your medicines as prescribed.
- Call your health care team or access MyChart if you need a refill.
- Continue to take your usual inhaler and nebulized medicines. Follow your health care team’s advice if you need to use these more often.
- Read the medicine label and package insert carefully for further instructions.

Next steps

- Meet with your doctor for a physical exam and to review your action plan. Ask about a spirometry test.
- Ask your chronic disease specialist if pulmonary rehabilitation therapy is right for you.
- Reminder: Make sure you’ve had your pneumonia vaccine, and get your flu shot every year.

Important information

My clinic: ____________________________
Provider’s name: _____________________
Phone number: ______________________
My chronic disease specialist: __________
My pharmacy: _________________________
My controller medicine(s): ____________
My rescue medicine(s): ________________
Use of oxygen: ________________________

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, TTYs, telephone amplifiers, note takers and written materials.