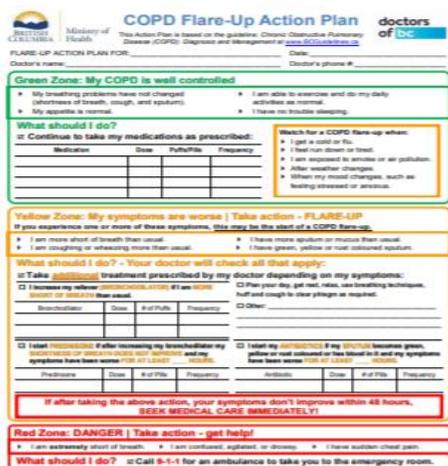


CREATED: July 26, 2022  
DEPARTMENT: RTiC

## What I can do for my COPD

**Make an appointment with my Doctor to get a COPD Flare up Plan and discuss vaccinations**



**Green Zone: My COPD is well controlled**

- My breathing problems have not changed (shortness of breath, cough, and sputum)
- My appetite is normal
- I am able to exercise and do my daily activities as normal
- I have no trouble sleeping

**What should I do?**

Continue to take my medications as prescribed:

Medication	Dose	Frequency

**Yellow Zone: My symptoms are worse | Take action - FLARE-UP**

If you experience one or more of these symptoms, this may be the start of a COPD flare-up:

- I am more short of breath than usual
- I am coughing or wheezing more than usual
- I have more sputum or mucus than usual
- I have green, yellow or rust coloured sputum

**What should I do? - Your doctor will check all that apply:**

Take additional treatment prescribed by my doctor depending on my symptoms:

- Increase my inhaler treatment as usual
- Take your dry, get wet, relax, and breathing techniques, Huff and cough to clear phlegm as required.
- Other: \_\_\_\_\_

Take my inhaler after receiving my bronchodilator my symptoms have been worse or I cannot breathe.

Take my inhaler if my sputum becomes green, yellow or rust coloured or has blood in it and my symptoms have been worse or I cannot breathe.

Medication	Dose	Frequency

**Red Zone: DANGER | Take action - get help!**

Call 9-1-1 for an ambulance to take you to the emergency room.

**Make sure I am taking my medications properly and know when to take them**



**Be aware of COPD symptoms of cough, mucous and shortness of breath**



**Look for triggers that make you short of breath and techniques that help relieve shortness of breath**



**Make sure to get enough  
sleep at night and activity in  
the day**



**Make sure to eat healthy**



**Continue to stay smoke free**



**Connect with Island Health  
Respiratory Therapists for  
Education through Central  
Intake where you live**

**South Island (Victoria)**

**Respiratory Education Center  
(discuss with your Care provider)**

**Community Respiratory Therapist**

**Central Island/North Island**

**Respiratory Therapy in Community**