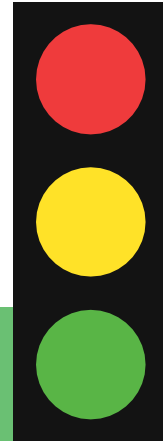


COPD ZONE TOOL

Every Day...

- ✓ Take your medicine
- ✓ Use oxygen, if prescribed
- ✓ Use pursed lip breathing
- ✓ Track symptoms
- ✓ Balance active and rest periods



ALL CLEAR ZONE

- 👍 Usual activity and exercise level
- 👍 Usual medications are controlling your symptoms
- 👍 Sleeping well at night

WARNING ZONE.....

In Moore County, call your healthcare provider at 910-255-4400. If after hours, call 910-715-1000 and ask for PMC Primary Care doctor on call. In Lee County, call 919-774-6518, during or after hours. PMC Walk In Clinic is available in either county.

- 👎 Harder to breathe
- 👎 Increase in coughing
- 👎 Change in color/thickness in phlegm
- 👎 Feeling tired or restless
- 👎 Increase use of medication
- 👎 Low grade fever
- 👎 Loss of appetite

MEDICAL ALERT ZONE.....

Call 911 for ANY DISTRESS including:

- ❗ Severe shortness of breath
- ❗ Not able to exercise or sleep due to breathing
- ❗ Fever/chills
- ❗ Confused, slurring of speech