

# COPD Rescue Kit Content



- Ten (10) Tablets of Prednisone 20mg
- Take 2 tablets (40mg) daily x 5 days



- One (1) Albuterol Inhaler
- 2 oral inhalations every 4 to 6 hours



- One (1) Spacer
- To be used with Albuterol Inhaler

## Chronic Obstructive Pulmonary Disease (COPD) Zones

Know your zone: **Green, Yellow, Orange or Red**

### GREEN ZONE

I am doing well today

#### ACTIONS

- Continue your daily medicines and oxygen as prescribed

### YELLOW ZONE

Feeling okay today, but not myself

- Little shortness of breath (slightly more than normal)
- Lower than usual activity and exercise level
- Usual amounts of cough and phlegm/mucus

#### ACTIONS

- Continue taking your daily medicines
- Use oxygen as prescribed
- Get some rest AND use pursed-lip breathing

### ORANGE ZONE

Having a bad day (or COPD flare)

- More breathless than usual
- I have less energy for my daily activities
- Increased or thicker phlegm/mucus
- Using quick relief inhaler/nebulizer more often
- More coughing than usual
- I feel like I have a "chest cold"
- Poor sleep and my symptoms woke me up

#### ACTIONS

- Continue daily medications
- Use quick relief inhaler OR nebulizer every 4 hours as needed
- Start Prednisone: 2 tablets (40mg) daily for 5 days
- Use oxygen as prescribed
- Get plenty of rest AND use pursed-lip breathing
- Call provider immediately at \_\_\_\_\_ or **903.606.DOCS (3627)**

### RED ZONE

I need URGENT medical care

- Too short of breath to speak
- Not able to do any activity because of breathing
- Not able to sleep because of breathing
- Fever or shaking chills
- Feeling confused or very drowsy
- Wheezing or chest tightness at rest OR Chest pains
- Coughing up blood

#### ACTIONS

- This indicates that you need to be evaluated by a doctor right away – **NOW**
- Call 911 or have someone take you to the emergency room
- Remain CALM and Be In Control
- Increase oxygen to: \_\_\_\_\_
- Continue your quick relief inhaler OR nebulizer every 2 hours as needed

**At all times avoid cigarette smoke & inhaled irritants.**