



## General Information

Chronic obstructive Pulmonary Disease (COPD) is a progressive disease that makes it hard to breathe. “Progressive” means the disease gets worse over time. COPD can cause coughing that produces large amounts of mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Please look at your discharge instructions for your doctor’s name and phone number to make an appointment. Keep all follow up appointments.

## Lifestyle Changes

- **Quit Smoking:**  
Stay away from places that make you want to smoke.  
For help, visit [www.smokefree.gov](http://www.smokefree.gov) or call your local quit hotline at 1-800-QUIT-NOW.
- **Avoid Triggers:**  
Stay away from smoke-filled rooms, air pollution, aerosol sprays, perfumes, dust, pollen, mold, animal dander, cold air, emotional stress and anxiety.
- **Avoid Infection:**  
Wash your hands often and get vaccination for flu and pneumonia.
- **Exercise:**  
Walk short distances. Light exercise.
- **Maintain a Healthy Weight:**  
Try to reach and keep a healthy weight. Talk with the doctor about a healthy weight for you and how to reach it if needed.
- **Drink Plenty of Fluids:**  
Use a humidifier if you need to limit your fluids.
- **Rest:**  
Get plenty of rest, take frequent rest breaks, and learn relaxation techniques to reduce anxiety.
- **Support:**  
Talk to others if you are worried, depressed, or anxious.
- **Follow Medications ordered by the Doctor:**  
Take medications as ordered.

## KNOW YOUR ZONE

Which zone are you in today?

### ALL CLEAR/GOAL ZONE

Your symptoms are under control and you have:

- No chest pain/discomfort
- No shortness of breath
- No anxiousness

### CAUTION/WARNING ZONE

This zone is a warning.  
Call your doctor if you:

- You are short of breath
- Questions or concerns about medications
- Feeling uneasy, you know something is not right

### EMERGENCY ZONE

Call 911 if you suddenly have any of the following:

- Chest discomfort/pain: May feel pressure, squeezing, fullness, or pain
- Shortness of breath/struggling to breathe: May occur with or without chest/upper body discomfort
- Other signs: Cold sweat, nausea, heartburn, fatigue, or lightheadedness

Which zone are you in today? Green, Yellow, or Red