

COPD

Zone Tool



The Quality Improvement Services Group of
ALLIANT HEALTH SOLUTIONS

Every Day:

- Taking medicine the way they are ordered
- Any swelling in feet, ankles or legs
- Eating low-salt/low-sodium foods
- Balancing activity and rest
- Avoiding smoking and secondhand smoke

All Clear Zone: This is the safety zone if you have

- No shortness of breath
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days.)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

Warning Zone: Call your doctor if you have

- Sputum (phlegm) that increases in amount or color or becomes thicker than usual
- Increased cough or wheezing
- Increased swelling of ankles or feet
- Increased shortness of breath with activity
- Weight loss or gain of 3 lbs
- Fever of 100.5°F oral or 99.5°F under the arm
- Increased number of pillows needed to sleep or need to sleep in chair
- Anything else unusual that you assess
- Symptoms may indicate that an adjustment in medication or oxygen therapy is needed

Medical Alert Zone: Go to the Emergency Room or call 911 if you have

- Unrelieved shortness of breath
- Unrelieved chest pain
- Increased or irregular heart beat
- Change in color of your skin, nail beds, or lips to gray or blue

AdventHealth Advantage Plans is administered by Health First Health Plans. Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. Y0089_MPINFO9214_AH_C(04/2021)