

## What to know and when to get help

It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



### You are doing well if you:

- Feel well
- Are breathing easy
- Are active with heavy breathing
- Have no chest pain or tightness
- Are able to perform your normal routine

### This is your zone! To ensure you remain in the clear:

- Continue to take your medications as directed
- Stay active according to your doctor's recommendations
- Get plenty of sleep
- Keep up on all doctor appointments
- Check your CAT score daily



### Contact your doctor if:

If you cannot reach your doctor in  
24 hours, please visit a walk-in clinic.

- You are not feeling well or have less energy
- You are coughing more than usual
- It is harder for you to breathe
- You have shortness of breath with normal activities
- You have to use your short-acting medicines (inhalers or nebulizers) more often
- Your usual medicine is not helping
- You need more pillows to sleep at night
- You wake up feeling like you are being smothered
- You need to sleep upright in a chair
- You have more ankle swelling than usual

(continued on back)

(continued from front)



## Contact your doctor if:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- You have loss of appetite
- You have a fever
- You CAT score has increased by 2 or more

## If your COPD is worsening, call your doctor immediately.

Doctor \_\_\_\_\_

Phone \_\_\_\_\_

Health Partner \_\_\_\_\_

Phone \_\_\_\_\_

Pharmacy Phone \_\_\_\_\_

\*Call your doctor within 24 hours – even on weekends and holidays

\*Have your medication list handy

\*Have your pharmacy number handy



## Go to the ER or dial 911 if you have:

- Severe shortness of breath or inability to breathe
- Unable to do any activity or sleep because of breathing
- Chest pain
- Wheezing that is not helped with inhaler or nebulizer treatment
- Feeling confused or very drowsy
- Looking pale and sweaty
- Coughing up blood

\*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.

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