




<ul style="list-style-type: none"> <li>• If you smoke, take steps to quit and ask for help from your healthcare team</li> <li>• Take all medicine(s) only as prescribed</li> </ul>	<ul style="list-style-type: none"> <li>• Know and avoid your triggers as much as possible</li> <li>• Maintain a healthy weight</li> </ul>
<b>Green Flags — All Clear</b> 	<b>What this means...</b>
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• No Cough or shortness of breath</li> <li>• No wheezing</li> <li>• No chest tightness</li> <li>• No decrease in your ability to maintain activity level</li> </ul>	<ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Continue taking your medication as ordered</li> <li>• Continue regular activity as tolerated</li> <li>• Follow a low salt diet</li> <li>• Wear oxygen if prescribed</li> <li>• Keep all healthcare appointments</li> </ul>
<b>Keep up the great work!</b>	
<b>Yellow Flags — Caution</b> 	<b>What this means...</b>
<p><b>If you have <u>any</u> of the following:</b></p> <ul style="list-style-type: none"> <li>• Increased cough and/or sputum and symptoms</li> <li>• Increase in shortness of breath with usual activity level</li> <li>• Increase in the amount of quick relief medications used</li> <li>• Change in usual energy level: Increase in either tiredness or restlessness</li> <li>• Increased number of pillows needed to sleep or need to sleep in arm chair</li> <li>• Swelling of ankles more than usual</li> <li>• Experience chest tightness</li> <li>• Anything else that bothers you</li> </ul>	<ul style="list-style-type: none"> <li>• Continue taking daily medicine(s)</li> <li>• Use oxygen if prescribed</li> <li>• You may need your medicine(s) adjusted</li> </ul> <div> <p>Call your doctor, consulting nurse, or healthcare provider if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div>
<b>If you notice a Yellow Flag, work closely with your health care team.</b>	
<b>Red Flags-Stop and Think</b> 	<b>What this means...</b>
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• Unrelieved shortness of breath</li> <li>• Shortness of breath at rest</li> <li>• Unrelieved chest pain/chest tightness</li> <li>• Fever or shaking chills</li> <li>• Wheezing or chest tightness at rest</li> <li>• Need to sit in chair to sleep</li> <li>• Increased or irregular heart beat</li> <li>• Changes in color of your skin, nails beds, or lips to gray or blue</li> </ul>	<p><b>This indicates you need to be seen by a healthcare provider immediately.</b></p> <div> <p>Name:</p> <p>Number:</p> <p>Follow these instructions: <b>CALL 9-1-1</b></p> </div>
<ul style="list-style-type: none"> <li>• Confusion</li> <li>• Coughing up blood</li> </ul>	<b>If you notice a Red Flag, CALL 9-1-1. Emergency!</b>

**Chronic Obstructive Pulmonary Disease (COPD) Fast Facts**

- COPD is a slow progressive disease that does not have a cure, but there are effective medications to manage the disease.
- COPD is caused by damage to lung tissue, most commonly from exposure to Tobacco smoke in the U.S.
- With COPD, the flow of air is blocked from getting in and out of the lungs. With more severe disease, the lungs' ability to get oxygen into the body may become affected.
- COPD is diagnosed using a breathing test called spirometry.
- Symptoms include cough, chest discomfort, shortness of breath, and wheezing. These symptoms can also be caused by other diseases, like heart disease.
- When managing a chronic condition like COPD, people may feel depressed or anxious.

**What can you do?**

- Avoid things that can irritate your lungs, such as smoke and air pollution.
- Take rest breaks during the day.
- Get regular exercise to stay as strong as you can. Something as simple as a daily walk can help.
- Eat a healthy diet. If you are under or overweight, talk with your health care provider.
- Take medications as prescribed by your health care provider, this includes using any inhalers as directed by your health care provider.
- Keep a list of all your medications and go over this list with your health care provider at clinic appointments.
- Managing a chronic condition like COPD, people cause you to feel depressed or anxious. Talk with your health care provider if you have depression and anxiety as counseling, medicine, and support groups can help you cope.
- If you smoke, consider quitting. There are medications and support group to help.
- Stay up to date with flu, COVID, and pneumonia vaccines.

**Southeast Washington Aging and Long Term Care**

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

**Upper Valley Yakima County:** 509-469-0500 **Lower Valley Yakima County (Grandview):** 509-402-0334

**Benton County:** 509-735-0315 **Franklin County:** 509-412-1013

**Kittitas County:** 509-925-8765 **Walla Walla County:** 509-529-6470

**Columbia County:** 509-382-4787 **Garfield County:** 509-843-3563

**Asotin County:** 509-758-2355

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