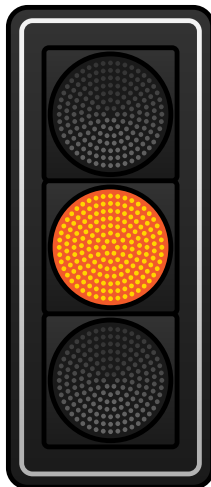


Green Light: No Problems

- Good, stable breathing
- No difficulty doing normal activities, such as walking
- Normal appetite, and sleeping without difficulty
- No problems thinking clearly
- Limited sputum
- No swelling in your feet, ankles, or legs

Action Plan

- Continue to take all medications as directed
- Know and avoid your triggers
- Eat healthy meals
- Exercise as directed

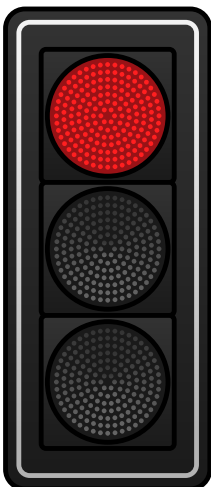


Yellow Light: Moderate Attack

- Increased coughing and shortness of breath
- Thicker sputum that is yellow or green in color
- Decreased appetite and problems sleeping
- Some difficulty doing normal activities
- Hard time concentrating or thinking clearly
- Swelling in your feet, ankles, or legs

Action Plan

- Call your health care provider if your systems worsen
- Continue to take all medications as directed, and use pursed-lip breathing and relaxation techniques
- Check your oxygen system (if you use one) for problems



Red Light: Severe Attack

- Shortness of breath while at rest or not relieved by rescue meds
- Blood in sputum or difficulty coughing up sputum
- Fever or chest discomfort
- Drowsiness, confusion, or slurred speech

Action Plan

- You need to talk to a doctor immediately if you have any of these symptoms
- Call **911** if you cannot reach your doctor
- Keep using your medications including your rescue medications

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.