

Controlling shortness of breath at home

How do I feel today?

	 Green zone You are in control.	 Yellow zone Take action today. Call: _____ 	 Red zone Take action now! Call: _____ 
How is my breathing?	My breathing is normal.	I have trouble breathing while doing the things I want to do. I feel like there is not enough air in the room.	I feel confused or sleepy. I feel like I cannot get enough air. My face, fingers or toes are turning blue.
Is my medicine for shortness of breath helping?	My medicine feels like it is helping.	My medicine does not feel like it is helping as much as it usually does. I am not sure which medicine to take.	My medicine does not feel like it is helping at all. I am not sure what to do now.
If I use oxygen, is it helping?	My normal flow of oxygen is helping.	I feel like I need to turn up (increase) the flow of oxygen to be able to breathe.	My oxygen does not feel like it is helping at all.
Do I feel comfortable?	I feel comfortable.	I am starting to feel uncomfortable.	I feel very uncomfortable. I am starting to feel anxious or afraid.

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My plan for controlling shortness of breath at home

Things I can do to help my breathing:

- ☐ Use pillows to help prop myself up
- ☐ Turn on a fan or open a window
- ☐ Use soft music, meditation or

to help me relax
- ☐ Practice slow, deep breathing in through the nose, out through the mouth
- ☐ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.