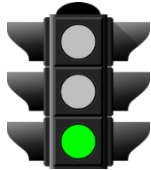

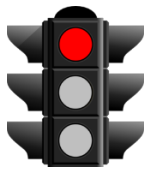


Controlling shortness of breath at home.

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?	<ul style="list-style-type: none"> My breathing is normal. 	<ul style="list-style-type: none"> I have trouble breathing while doing the things I want to do. I feel like there is not enough air in the room. 	<ul style="list-style-type: none"> 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?	<ul style="list-style-type: none"> My medicine feels like it is helping. 	<ul style="list-style-type: none"> My medicine does not feel like it is helping as much as it usually does. I am not sure which medicine to take. 	<ul style="list-style-type: none"> My medicine does not feel like it is helping at all. I am not sure what to do now.
How is my energy?	<ul style="list-style-type: none"> My energy level is as usual. 	<ul style="list-style-type: none"> I'm too tired to do most of my usual activities. 	<ul style="list-style-type: none"> I'm too weak to get out of bed.
How is my thinking?	<ul style="list-style-type: none"> My thinking is clear. 	<ul style="list-style-type: none"> My thinking feels slow or not right. 	<ul style="list-style-type: none"> My caregivers tell me I'm not making sense.
Do I feel comfortable?	<ul style="list-style-type: none"> I feel comfortable. 	<ul style="list-style-type: none"> I am starting to feel uncomfortable. 	<ul style="list-style-type: none"> I feel very uncomfortable. I am anxious or afraid.
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:			

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