




<h3>Your Health Goal:</h3>	
<h3>Green Flags – All Clear </h3>	<h3>What this means:</h3>
<p>If you have:</p> <ul style="list-style-type: none"> • No Cough or shortness of breath • No wheezing • No chest tightness • No decrease in ability to maintain activity level 	<ul style="list-style-type: none"> • Your symptoms are under control • Continue taking your medication as prescribed • Continue regular activity as tolerated • Follow a low salt diet • Wear oxygen as prescribed • Keep all physician appointments
<p>Keep up the great work!</p>	
<h3>Yellow Flags – Caution </h3>	<h3>What this means:</h3>
<p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Increased cough and/or sputum and symptoms • Increase in shortness of breath with usual activity level • Increase in the amount of quick relief medications used • Change in usual energy level: Increase in either tiredness or restlessness • Increased number of pillows needed to sleep or need to sleep in arm chair Swelling of ankles more than usual Experience chest tightness • Anything else that bothers you 	<ul style="list-style-type: none"> • Continue taking daily medications • Use oxygen if prescribed • You may need a medication adjustment. <div style="background-color: #cccccc; padding: 10px; margin-top: 10px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div>
<p>If you notice a Yellow Flag, work closely with your health care team.</p>	
<h3>Red Flags—Stop and Think </h3>	<h3>What this means:</h3>
<p>If you have:</p> <ul style="list-style-type: none"> • Unrelieved shortness of breath or coughing up blood • Unrelieved chest pain/chest tightness • Fever or shaking chills or confusion • Wheezing or chest tightness at rest • Need to sit in chair to sleep • Increased or irregular heart beat • Changes in color of your skin, nails beds, or lips to gray or blue 	<p>This indicates you need to be seen by a physician right away. In an emergency, call 9-1-1</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Physician:</p> <p>Number:</p> <p>Instructions:</p> <p>In an emergency situation: Call 911</p> </div>
<p>If you notice a Red Flag, call your physician immediately.</p>	

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, 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

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—
kcssinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

www.helpingelders.org