

Oxygen Management Guide

My regular doctor's number is: _____

Cornerstone VNA: 603-332-1133 or 800-691-1133



ALERT

RED ZONE – Take Action NOW!

- I am struggling to breathe today more than usual
- I needed to increase my Oxygen flow rate to help me breathe better
- My skin color is pale or gray
- My fingernails or lips are blue
- I am having difficulty walking keeping my balance
- I am only able to speak 2-3 words at a time
- I am feeling confused in my surroundings, agitated, or nervous

****Call 911 right away for immediate medical attention****

CAUTION

YELLOW ZONE – Call your doctor or Cornerstone VNA!

- I am feeling increase shortness of breath today performing my normal activities and at rest
- I am experiencing increase cough, wheezing, or chest tightness
- I am coughing up thicker phlegm that is yellowish/greenish/or grayish in color
- I need to use more than 2 pillows to sleep on at night for breathing comfort
- I need to use my nebulizer or inhaler more than as prescribed by my doctor
- I am having problems or concerns with my oxygen equipment and need help

GOOD

GREEN ZONE – You are doing ok!

- My oxygen flow is set at the proper liter(s) prescribed by my doctor
- I continue to wear my oxygen continuously, with activity only, or only at bedtime as prescribed
- I am able to do my normal activities without increase shortness of breath
- I continue to take all my medications daily as prescribed by my doctor
- I continue to follow with all of my doctor appointments
- I contacted my local Fire Department, Power Company, and Telephone Company to make them aware I am on Oxygen in case of a power outage in my area.