

# My COPD Action Plan

Name \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_ Date of birth \_\_\_/\_\_\_/\_\_\_

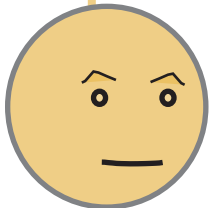


## GREEN ZONE: Doing well today

- Usual level of activity and exercise
- Usual amount of cough and mucus
- No shortness of breath
- Usual level of health (thinking clearly, sleeping well, feel like eating)

## Actions:

- Take daily medicines
- Use oxygen as prescribed
- Follow regular exercise and diet plan
- Avoid cigarette smoke and other irritants that harm the lungs

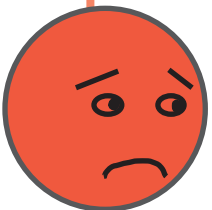


## YELLOW ZONE: Bad day or flare-up

- Short of breath more than usual
- A lot more sputum (mucus) than usual.
- Sputum looks yellow, green, tan, brown or bloody.
- More coughing or wheezing
- Fever or chills
- Less energy; trouble completing activities
- Trouble thinking or focusing
- Using quick relief inhaler or nebulizer more often
- Poor sleep; symptoms wake me up
- **Do not** feel like eating

## Actions:

- Get plenty of rest.
- Take daily medicines
- Use quick relief inhaler every \_\_\_\_\_ hours
- If you use oxygen, call your doctor to see if you should adjust your oxygen
- Do breathing exercises or other things to relax
- Let a loved one, friend or neighbor know you are feeling worse
- Call your care team if you have 2 or more symptoms. Start taking steroids or antibiotics if directed by your care team.



## RED ZONE: Need medical care now

- Severe shortness of breath (feel you can't breathe)
- Fever, chills
- **Not enough** breath to do any activity
- Trouble coughing up mucus, walking or talking
- Blood in mucus
- Frequent coughing

- Rescue medicines are **not** working
- **Not** able to sleep because of breathing
- Feel confused or drowsy
- Chest pain

## Actions:

- Call your health care team. If you cannot reach your care team, **call 911 or go to the emergency room.**

**If you are directed to take prednisone or an antibiotic:**

- Take your medicines as prescribed.
- Call your health care team or access MyChart if you need a refill.
- Continue to take your usual inhaler and nebulized medicines. Follow your health care team's advice if you need to use these more often.
- Read the medicine label and package insert carefully for further instructions.

**Next steps**

- Meet with your doctor for a physical exam and to review your action plan. Ask about a spirometry test.
- Ask your chronic disease specialist if pulmonary rehabilitation therapy is right for you.
- **Reminder:** Make sure you've had your pneumonia vaccine, and get your flu shot every year.

**Important information**

**My clinic:** \_\_\_\_\_

Provider's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**My chronic disease specialist:** \_\_\_\_\_

**My pharmacy:** \_\_\_\_\_

\_\_\_\_\_

**My controller medicine(s):** \_\_\_\_\_

\_\_\_\_\_

**My rescue medicine(s):** \_\_\_\_\_

\_\_\_\_\_

**Use of oxygen:** \_\_\_\_\_

\_\_\_\_\_