

COPD Action Plan

NAME		DOB		DATE		LAST FEV ₁
						GOLD SEVERITY

Green Zone: I am feeling well today Actions to Continue

- I can breathe easily doing usual activities without getting tired.
- My mucus is clear/white, easy to cough up, small amount.
- I am able to think clearly.

- Continue with your usual activities, including exercise.
- Take your medicines as ordered by your doctor, nurse or respiratory therapist.
- Use oxygen, if ordered.

Yellow Zone: I am feeling bad today Actions to Take

- I have more shortness of breath, wheezing or coughing than usual.
- My mucus is thicker or stickier than usual.
- My mucus is usually clear/white by early afternoon, but today it stayed green, yellow or brown.
- There is blood in my mucus.
- I have a fever above 100.4
- I have gained or lost weight for no reason.
- I have swelling in my feet or ankles.
- I am tired and not able to finish usual activities without having to rest.
- I have trouble sleeping.
- I am sleeping with extra pillows.

- Call your doctor or nurse and tell them about changes in how you feel. Don't wait until tomorrow.
Dr. Name _____
Phone # _____
- Continue taking your regular breathing medicines.
- Take quick relief (rescue) medicine every ____ hours.
- Use pursed lip breathing and relaxation exercises.
- Pace yourself and limit activities.
- Drink more water if you don't have fluid limits. Avoid coffee, tea and soda.
- Use your Aerobika to loosen and cough up mucus, if you have one.
- Start antibiotics and prednisone, if ordered by your doctor or nurse.
- Call a family member or friend for help, if available.

Red Zone: I am feeling very bad today Actions to Take

- My breathing does not improve with quick relief (rescue) medicine.
- I am having chest pain.
- I am frightened by how tired or sleepy I feel.
- I am feeling confused or restless.
- I am frightened by not being able to breathe.

- Call 911** or get medical help right away.

MEDICINES	NAME OF MEDICINES	HOW MUCH TO TAKE	WHEN TO TAKE IT
Quick relief (rescue) inhaler			
Controller inhaler			
Combination controller inhaler			
Nebulizer			

Remember: Rinse, gargle and spit after using a steroid inhaler.