## COPD Action Plan

**Green Zone: “I feel well today.”**

- I am active and breathing as usual.
- I have the usual amount of mucus. No change in color.
- My appetite is good.
- I sleep well at night.

**Action: What to do**

- Take your usual medicine each day.
- Do all the things you normally do each day.
- Use your oxygen as instructed.

**Green Zone medicines:**

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Type (inhaler, nebulizer, pill)</th>
<th>How much to take</th>
<th>When to take it</th>
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**Yellow Zone: “I don’t feel well. I’m having a bad COPD day.”**

- I’m more breathless or wheezy than usual. I may be coughing more, too.
- I’m more tired than usual. I can’t do normal activities.
- I have more mucus. It’s thicker and darker than usual.
- I need to use my inhaler or nebulizer more than usual.
- My appetite is not good.
- I don’t sleep well.

**Action: What to do**

- Take other medicines if your doctor says so. He or she might tell you to take short-acting medicine. Or you might need an antibiotic or steroid medicine.
- Try to control your breathing. Pursed-lip breathing may help. It uses less energy and may help you relax.
- Use your oxygen as instructed.
- Get plenty of rest.
- Don’t eat a big meal. Eat a little bit at a time and eat more often. If your doctor says it’s OK, drink plenty of fluids.
- Call your doctor if:
  - Your symptoms don’t get better.
  - Or, your symptoms get worse.
  - Or, you notice a change in your mucus.
  - Or, develop a fever.

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**Red Zone: “I need medical care right away. It’s urgent!”**

- I’m having a hard time breathing.
- I am not able to do any activity.
- I can’t sleep because it’s hard to breathe.
- I have a high fever. Or, I have chills and I’m shaking.
- I feel confused. Or, I feel very sleepy.
- I have chest pain.
- I’m having trouble talking.

**Action: What to do**

- Call 911 now! This is an emergency. You need care now.
- Follow all of your doctor’s Red Zone orders.
- If you’re able, call your emergency contact or have someone do this for you.

Notes: ____________________________

Name: ____________________________  Date of action plan: ________________

Emergency contact’s name: __________  Contact’s phone number: __________

Doctor: ____________________________  Doctor’s phone number: __________

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COPD

Action

Plan

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Emergency contact’s name: __________  Contact’s phone number: __________

Doctor: ____________________________  Doctor’s phone number: __________

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| I’m having trouble talking. |

**Action: What to do**

- Call 911 now! This is an emergency. You need care now.
- Follow all of your doctor’s Red Zone orders.
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Notes: ____________________________
When you’re short of breath

Practice these techniques before you need them. Remember, your doctor can show you how to do them too.

**Pursed-lip breathing.** May help keep your airways open and slow your breathing down. It may allow trapped air to leave your lungs and let fresh air in.

Take one simple step at a time:

1. Relax your neck and shoulders.
2. Slowly breathe in through your nose for a count of 2 or 3. Keep your lips closed.
3. Pucker your lips as if you’re going to whistle. Slowly breathe out while counting to 5 or 6.

Some positions that may help you catch your breath:

- Sit with your head and shoulders dropping forward.
- Sit with a pillow at a table. Rest your head and arms on the pillow.
- Stand, leaning on a counter or table.
- Stand with your back against the wall, feet apart, relaxing head and shoulders.

Sources: National Institutes of Health, American Lung Association, Cleveland Clinic

### Use this handy chart

<table>
<thead>
<tr>
<th></th>
<th>Date</th>
<th>Date</th>
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<tbody>
<tr>
<td>Last flu vaccine</td>
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<tr>
<td>Last pneumonia vaccine</td>
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<tr>
<td>Last doctor appointment</td>
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<tr>
<td>Lung function measurement — FEV1</td>
<td>Date:</td>
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<td></td>
<td>Result:</td>
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<td>Increased activity:</td>
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<td>Sleeping:</td>
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### Exercise

Exercise for _____ minutes each day — all at one time or broken up into _____ minutes at a time.

I can do the following types of exercises:

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The material provided through this program is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor’s care. Please discuss with your doctor how this information is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program. It may be discontinued at any time.

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