

Action Plan for Your COPD

Your life changes with COPD, but step-by-step you can put yourself in charge. You are more than your COPD. Use this Action Plan to help guide your care. Review this plan with your provider once a year. Fill in the blanks below with specific instructions from your provider.

1. Check what zone you are in each day.

Are you in the GREEN zone?

You are if ALL the following apply to you:

- You can do your usual activity and exercise
- You cough at a level normal for you
- You have mucus at a level normal for you
- You don't have trouble breathing while you sleep
- You eat like you normally do

2. Then, based on your zone, decide what to do.

If so, follow the GREEN zone action plan:

- ✓ Keep taking your medicines as prescribed
- ✓ Keep your quick relief inhaler within reach
- ✓ Stay away from things that trigger a flare-up
- ✓ Clean your spacer/aerochamber as needed
- ✓ Be active and move daily as much as you can
- ✓ Visit your provider at least once every 6 months
- ✓ Get your flu, pneumonia, and Covid-19 vaccines
- ✓ Avoid using tobacco and stay away from others who smoke

Are you in the YELLOW zone?

You need help, if EVEN ONE of the following applies to you:

- Chest tightness
- Coughing more than usual
- Wheezing more than usual
- Feeling like you have a "chest cold"
- Trouble breathing when doing your usual activity
- More mucus or thicker mucus than usual
- Using your "rescue" medicine more than usual
- Poor sleep because you have trouble breathing
- Not eating like usual because of symptoms of COPD

If so, follow the YELLOW zone action plan:

- ✓ Continue to take your daily medicines
- ✓ Use your quick relief inhaler _____ every _____ hours.
- ✓ Start rescue pack oral corticosteroid (name, dose, and how long):

- ✓ Start rescue pack antibiotic (name, dose, and how long):

- ✓ If using oxygen, increase oxygen to:

- ✓ Do breathing exercises, as needed (pursed lip and belly breathing).

**Do not wait more than 2 days to call your provider for help.
Call the Nurse Advice line from your health insurance if you need help when your provider's office is closed.**

Are you in the RED zone?

You need help right away if you have ANY of these:

- Severe shortness of breath even at rest
- Not able to do any activity because of your breathing
- I have a blue color around my lips or fingers
- Chest pain or chest tightness that won't go away
- Feeling confused or very drowsy
- Coughing up blood

If so, get help right away!

- ✓ **Call 9-1-1**