



# COPD Action Plan

Name: \_\_\_\_\_ Date of action plan: \_\_\_\_\_  
 Emergency contact's name: \_\_\_\_\_ Contact's phone number: \_\_\_\_\_  
 Doctor: \_\_\_\_\_ Doctor's phone number: \_\_\_\_\_

## ● Green Zone: "I feel well today."

<ul style="list-style-type: none"> <li>I am active and breathing as usual.</li> <li>I have the usual amount of mucus. No change in color.</li> </ul>	<ul style="list-style-type: none"> <li>My appetite is good.</li> <li>I sleep well at night.</li> </ul>		
<b>Action:</b> What to do			
<ul style="list-style-type: none"> <li>Take your usual medicine each day.</li> <li>Do all the things you normally do each day.</li> </ul>	<ul style="list-style-type: none"> <li>Don't smoke. Avoid all things that bother your lungs.</li> <li>Eat good foods.</li> </ul>		
<b>Green Zone medicines:</b>			
Name of medicine	Type (inhaler, nebulizer, pill)	How much to take	When to take it

## ● Yellow Zone: "I don't feel well. I'm having a bad COPD day."

<ul style="list-style-type: none"> <li>I'm more breathless or wheezy than usual. I may be coughing more, too.</li> <li>I'm more tired than usual. I can't do normal activities.</li> <li>I have more mucus. It's thicker and darker than usual.</li> </ul>	<ul style="list-style-type: none"> <li>I need to use my inhaler or nebulizer more than usual.</li> <li>My appetite is not good.</li> <li>I don't sleep well.</li> </ul>		
<b>Action:</b> What to do			
<ul style="list-style-type: none"> <li>Take your usual medicine each day.</li> <li>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 prednisone.</li> <li>Try to control your breathing. Pursed lip breathing can help. It uses less energy and helps you relax.</li> <li>Get plenty of rest.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Call your doctor if:           <ul style="list-style-type: none"> <li>Your symptoms don't get better within 48 hours.</li> <li>Or, your symptoms get worse.</li> </ul> </li> </ul>		
<b>Yellow Zone medicines:</b>			
Name of medicine	Type (inhaler, nebulizer, pill)	How much to take	When to take it

## ● Red Zone: "I need medical care right away. It's urgent!"

<ul style="list-style-type: none"> <li>I'm having a hard time breathing.</li> <li>I can't do normal activities.</li> <li>I can't sleep because it's hard to breathe.</li> <li>I have a high fever. Or, I have chills and I'm shaking.</li> </ul>	<ul style="list-style-type: none"> <li>I feel confused. Or, I feel very sleepy.</li> <li>I have chest pain.</li> <li>I'm having trouble talking.</li> </ul>
<b>Action:</b> What to do	
<ul style="list-style-type: none"> <li>Call 911 now! This is an emergency. You need care now.</li> <li>Call your emergency contact. Or, have someone do this for you. The contact is listed above.</li> <li>Follow all of your doctor's Red Zone orders.</li> </ul>	
Notes: _____	

## Take care of your COPD. These tips can help:

- Work with your doctor. Don't miss visits.
- Take your medicines. Take them the way your doctor tells you to.
- Quit smoking. Stay away from other people's smoke.
- Avoid things that make your symptoms worse.
- Get your vaccines. Ask your doctor if flu or pneumonia shots are right for you.
- Use your action plan. Follow the action steps if your symptoms get worse.
- Write things down that you will share with your doctor:
  - How you feel each day.
  - What makes your COPD worse.
  - Questions you want to ask at your next visit.

## Use this handy chart...

	Date	Date	Date	Date
Last flu vaccine				
Last pneumonia vaccine				
Last doctor appointment				
Lung Function Measurement - FEV1	Date:	Date:	Date:	Date:
	Result:	Result:	Result:	Result:
Last oxygen level test	Date:	Date:	Date:	Date:
	Result:	Result:	Result:	Result:
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: _____ _____				

## 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.** Helps keep your airways open and slows your breathing down. It allows trapped air to leave your lungs and lets fresh air in.

Take one simple step at a time:

1. Relax your neck and shoulders.
2. Slowly breathe in through your nose. Keep your lips closed. Count to 2 or 3.
3. Pucker your lips as if you're going to whistle. Slowly breathe out. Count to 5 or 6.

### Some positions that can 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, Canadian Lung Association

## Additional informational resources:

National Heart, Lung, and Blood Institute  
 Information Center  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) | 1-301-592-8573

National Jewish Health  
[www.njc.org](http://www.njc.org) | 1-800-222-LUNG (1-800-222-5864)  
 American Lung Association  
[www.lungusa.org](http://www.lungusa.org) | 1-800-LUNG-USA (1-800-586-4872)

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