

My COPD Action Plan

Name:	DOB:	Date:		
Emergency Contact:	Phone:			
Doctor Contact:		Phone:		

Green Zone: Normal Day for Me	Action Steps				
My breathing is normal for me Cough is normal Mucus is normal Sleeping is normal Eating and appetite is normal My activity level is normal	I take these medications every day: I will use oxygen by when needed I will exercise and eat regularly I will not smoke I will stay inside on bad air days If I get symptoms I will take:				
Yellow Zone: Bad Day for Me	Action Steps				
I have any of these: A low-grade fever that does not go away Used more of my rescue medication without feeling better A change in color, thickness, smell, or amount of mucus Trouble breathing or feel more tired than usual New or more ankle swelling A feeling of being more breathless than normal A feeling like I am catching a cold	☐ I will start taking these medications: ☐ I will call my doctor today at				
Red Zone: I need help right away	Action Steps				
My breathing is BAD, and I have any of these: Confusion or slurred speech Severe shortness of breath or chest pain Blue color around my lips or fingers Started coughing up blood	Get help NOW! Go to the closest ER or call 911				
Walking Stairs W	Vork Sleen Exercise Cook Clean Make Brush Bathing/				

Place a check in the box to show what a "green day" looks like for you.

	Walking	Stairs	Work	Sleep	Exercise	Cook	Clean	Make bed	Brush teeth	Bathing/ showering
Easy										
Harder										
Struggle										
Unable										