

This Action Plan is designed to help patients and their caregivers learn what steps to take when managing symptoms of chronic obstructive pulmonary disease (COPD). This plan includes three zones: Green, Yellow, and Red. If you are in the Green Zone, your symptoms are under control. If you are in the Yellow Zone, your COPD may be uncontrolled. If you are in the Red Zone, you may need to call 911 or go to the emergency room.

This Action Plan was developed using standard COPD guidelines, but it is important to review it with your doctor. They may have other steps for you to take when symptoms arise.

Green Zone: I feel well today.

- No shortness of breath
- Normal amount of coughing
- Normal amount of mucus, phlegm, or sputum
- No problem keeping up with normal activity
- Sleeping well at night
- Good energy and appetite level

What to do:

- Take medications as prescribed.
- Use oxygen (if prescribed).
- Avoid all tobacco products.
- Exercise as directed by your doctor.
- Keep your medical appointments.

Yellow Zone: I'm not feeling quite right.

- More short of breath compared to normal
- Coughing more than usual
- More or thicker phlegm
- Using relief inhaler/nebulizer more, but it's not helping
- Waking up from sleep with symptoms
- Less energy compared to normal

What to do:

- Call your doctor to report your symptoms and discuss how to manage them.
- Use pursed lip breathing.
- Take medications as prescribed.
- Use your relief inhaler as directed by your doctor.
- Ask your doctor about starting an oral corticosteroid or antibiotic.
- Avoid inhaling smoke, pollution, or other irritants.

Red Zone: I need help now.

- Severe shortness of breath, even at rest
- Unable to sleep or do any activity due to trouble breathing
- Relief inhaler is not helping
- Feeling unusually confused, dizzy, or drowsy

What to do:

- Call your doctor to report your symptoms or go to the nearest emergency room (or call 911).

My doctor's name: _____

My doctor's phone number: _____