

COPD Zone Tool & Action Plan

"I am doing well today!"

Green Zone: Good Breathing Day	Actions
<ul style="list-style-type: none"> • Usual activity and exercise level • Usual amounts of cough and phlegm/mucus • Sleep well at night • Appetite is good 	<ul style="list-style-type: none"> • Take daily medicines • Use Oxygen as prescribed • Continue regular exercise/diet plan • At all times avoid cigarette smoke, inhaled irritants

"I am having a bad day or a COPD flare"

Yellow Zone: Bad Breathing Day	Actions:
<ul style="list-style-type: none"> • More breathless than usual • I have less energy for my daily activities • Using quick relief inhaler/nebulizer more often • Swelling of ankles more than usual • More coughing than usual • I feel like I have a "chest cold" • Poor Sleep and my symptoms woke me up • My appetite is not good • My medicine is not helping 	<ul style="list-style-type: none"> • Continue daily medication • Use quick relief inhaler every__hours • Start an oral corticosteroid (specify name, does, and duration name_____dose_____duration____) • Start an antibiotic (specify name, dose and duration name_____dose_____duration____) • Use oxygen as prescribed • Get plenty of rest • Use pursed lip breathing • At all times avoid cigarette smoke, inhaled irritants • Call provider immediately if symptoms don't improve • If you have a home health nurse visiting call the home health agency • Home Health Agency Phone # _____

"I need urgent medical care!"

Red Zone: Emergency Breathing Day	Actions:
<ul style="list-style-type: none"> • Severe shortness of breath even at rest • Not able to do any activity because of breathing • Not able to sleep because of breathing • Fever or shaking shills • Chest pains • Coughing up blood 	<ul style="list-style-type: none"> • Call 911 or seek medical care • While getting help, immediately do the following: <hr/> <hr/> <hr/> <hr/>

Additional Action Plan Steps Made with you and your Physician: