



COPD Action Plan

Name: _____ DOB: _____

Emergency Contact: _____ Phone Number: _____

Physician: _____ Phone Number: _____

Green – Good Day – I feel well (it's easy to breathe)

COPD symptoms

- Feeling like myself
- Sleeping well
- Normal amount of phlegm
- Normal energy level
- Normal appetite

Actions

- Take daily medicines as prescribed.
- Use oxygen as/if prescribed.
- Exercise and eat regularly.
- Avoid inhaled irritants, including cigarette/e-cigarette smoke.
- Other: _____

Yellow – Bad Day – I feel sick (it's harder to breathe)

COPD symptoms

- Tired and feel like I'm getting sick
- More phlegm than usual
- More coughing
- Less energy
- Loss of appetite
- Ankle swelling more than usual
- Regular medicine is not helping

Actions

- Take COPD flare-up medicines, as prescribed.
- Continue taking daily medicines, as prescribed.
- Limit activity and use purse-lipped breathing.
- Use oxygen, as prescribed.
- Report changes to doctor if symptoms don't improve today.
- Avoid inhaled irritants, including cigarette/e-cigarette smoke.
- Other: _____

Red – Emergency – I feel very sick (I'm having real trouble breathing)

COPD symptoms

- Severe shortness of breath
- Unable to sleep
- Confusion or slurred speech
- Coughing up blood
- Fever/chills

Actions

- Call 911 or go immediately to the nearest emergency department.
- Other: _____