

# COPD ACTION PLAN

## GREEN ZONE I'm doing well today

- My breathing is normal for me
- Usual activity and exercise level
- Cough is normal
- Mucus is easy to cough up and is clear or white
- Sleeping well at night
- Appetite and eating are good

### WHAT SHOULD I DO?

- Take daily medicines
- Use oxygen as prescribed
- Continue regular exercise/diet plan
- Avoid all inhaled irritants and bad air days
- Update my COPD Action Plan every 6 months
- \_\_\_\_\_

## YELLOW ZONE I'm having a bad day or a COPD flare up

- Low grade fever (100°-101°) that doesn't go away
- Shortness of breath worse than usual
- Increase use of rescue medications with no relief
- Change in color, thickness, odor, or amount of mucus
- Having less energy for my daily activities
- Poor sleep & my symptoms woke me up
- New or increased ankle swelling
- Coughing more than usual
- I feel like I have a "chest cold"
- My appetite is not good

### WHAT SHOULD I DO?

- Continue daily medications
- Use quick relief inhaler every \_\_\_\_ hours  
\_\_\_\_\_ (Name of medication)
- Start an oral corticosteroid (specify name, dose, and duration)  
\_\_\_\_\_
- Start an antibiotic (specify name, dose, and duration)  
\_\_\_\_\_
- Use oxygen as prescribed
- Get plenty of rest
- Use pursed lip breathing
- At all times avoid cigarette smoke, inhaled irritants
- Call your doctor immediately at \_\_\_\_\_ if symptoms don't improve
- Call the COPD Care Manager at **217-222-6550 x3296**
- \_\_\_\_\_

## RED ZONE I need urgent medical care

- I am disoriented, confused, or slurring my speech
- Severe shortness of breath even at rest
- Not able to do any activity because of breathing
- Not able to sleep in your normal position because of breathing
- Fever of 102° or higher or shaking chills
- Chest pains
- Coughing up blood
- You have blue color around lips or fingers

### WHAT SHOULD I DO?

- Call 911 or seek medical care immediately**
- While getting help, immediately do the following:  
\_\_\_\_\_  
\_\_\_\_\_

### AMBULATORY CARE CENTER HOURS:

Mon - Fri 7am - 7pm | Sat 8am - 4pm | Sun 9am - 4pm