



Green Zone: Doing Well

Symptoms: Usual activity and exercise level, usual amounts of cough and phlegm/mucus, sleeping well at night, good appetite.

Actions :

- Take daily medications as prescribed.
- Use oxygen as prescribed.
- Continue regular exercise and diet plan.
- Avoid tobacco products and other inhaled irritants.



Yellow Zone: Getting Worse

Symptoms: More breathless than usual, less energy for daily activities, increased or thicker phlegm/mucus, using quick relief inhaler/nebulizer more often, more swelling in ankles, more coughing than usual, feeling like you have a “chest cold,” poor sleep, decreased appetite, medications not helping.

Actions:

- Continue daily medications.
- Use quick relief inhaler every few hours as needed.
- Start an oral corticosteroid and/or antibiotic if prescribed.
- Use oxygen as prescribed.
- Get plenty of rest and use pursed lip breathing.
- Avoid secondhand smoke and other inhaled irritants.
- Call your healthcare provider if symptoms do not improve.



Red Zone: Medical Alert

Symptoms: Severe shortness of breath even at rest, unable to do any activity because of breathing, unable to sleep because of breathing, fever or shaking chills, feeling confused or very drowsy, chest pains, coughing up blood.

- Start an oral corticosteroid and/or antibiotic if prescribed.
- Use oxygen as prescribed.
- Get plenty of rest and use pursed lip breathing.
- Avoid secondhand smoke and other inhaled irritants.
- Call your healthcare provider if symptoms do not improve.

Actions:

- Call 911 or seek medical care immediately.
- While waiting for help, use your quick relief inhaler and oxygen as prescribed.

COPD Daily Checklist



Medication

- Take daily medications as prescribed.
- Use quick relief inhaler as needed.
- Ensure you have a supply of all medications.



Exercise

- Engage in light physical activity as recommended by your healthcare provider.
- Practice breathing exercises, such as pursed lip breathing.



Diet

- Follow a balanced diet plan.
- Stay hydrated by drinking plenty of water.
- Avoid foods that can cause bloating or discomfort.



Symptom Monitoring

- Track your symptoms daily (e.g., breathlessness, cough, phlegm).
- Note any changes in symptoms or new symptoms.
- Monitor your oxygen levels if prescribed.



Additional Tips

- Avoid tobacco products and secondhand smoke.
- Keep your living environment free from dust and other irritants.
- Stay up-to-date with vaccinations (e.g., flu, pneumonia).

Take Control of Your COPD!



Managing COPD effectively involves staying informed and proactive. Use this action plan and daily checklist to monitor your symptoms and take appropriate actions. Always consult with your healthcare provider for personalized advice and support. Remember, every step you take towards managing your COPD can improve your quality of life.