

COPD

Name _____

Date _____

Doctors Name _____

Phone _____

Emergency Contact _____

Phone _____

ACTION PLAN

	Cleaning	Make My Bed	Brush My Teeth	Bathing/ Showering	Walking	Climbing Stairs	Working	Sleeping	Exercising	Cooking
I can do this										
I can do this with some trouble										
I cannot do this										

These are my normal days

Actions to take

Green Zone Days

- I can do my usual activities and exercise.
- I am not coughing more than usual.
- My sleeping is normal
- My eating and appetite feel normal
- My mucous is normal.

- I will take all my medicines as prescribed.
- I will keep my doctor appointments.
- I will use my oxygen as prescribed.
- I will eat and exercise regularly.
- I will avoid inhaled irritants and bad air days.

These are my bad days

Actions to take

Yellow Zone Days

- I have a low-grade fever.
- I am using my rescue inhaler with little relief.
- My cough is more frequent than normal.
- I have a change in color, thickness, odor or amount of mucus.
- I am more tired and have trouble sleeping.
- I have new or more ankle swelling.
- I am more breathless than normal.
- I feel like I am catching a cold.

- I will limit my activity and use breathing techniques.
- I will use my oxygen as prescribed.
- I will take my regular medicines as prescribed.
- I will get plenty of rest.
- I will report these changes to my doctor today.
- I will start special medicines* as arranged by my doctor:

Days when I need help right away

Actions to take

Red Zone Days

- I feel disoriented, confused or my speech is slurred.
- I have severe shortness of breath or chest pain.
- I have a blue color around my fingers or lips.
- I am coughing up blood.
- My medicine is not helping.

- I will call 911 for help right away.
- I will start these special medicines:

*If symptoms do not improve in one day after taking special medicine, call your doctor.

Best Care for COPD



- If you smoke, quit.
- If you are ready to quit smoking, call (269) 341-7723 or go online at bronsonhealth.com/classes-events and click on Smoking/ Tobacco Cessation.
- Get a flu shot every year and a pneumonia shot as needed.
- Keep up regular exercise.
- Eat right to maintain a healthy weight.
- Use proper breathing methods.
- Watch for early warning signs of lung infection.
- Use oxygen as prescribed.
- See your doctor often even when you feel well.
- Talk with loved ones about COPD.
- Ask for help when you need it.
- Get tested for Alpha-1.
- Discuss end of life care and make a plan. Write your wishes down.

Warning Signs



Call you doctor if you have:

- A low grade fever that doesn't go away.
- An increase in use of rescue medicine.
- Changes in color, thickness, odor or amount of mucus.
- Tiredness that lasts more than one day.
- New or increased ankle swelling.

Call 911 if you have:

- Confusion or slurring of speech.
- Severe shortness of breath or chest pain.
- Blue color in lips or fingers.

Tips for Healthy Living



- Avoid people who are sick.
- Avoid shaking hands.
- Avoid touching your face in public.
- Wash your hands often.
- Use alcohol hand gel when you cannot wash your hands.
- Avoid going outside on windy days. If you have to go out, wear a mask or scarf.
- Use your own ink pen at the doctor's office, bank or stores.
- Use coughing methods to keep your lungs free from mucus.
- Use pursed lip breathing methods when you are active.
- Keep an updated list of your medicines with you. Update this list every time you go to the doctor, hospital or emergency room.