## My COPD Action Plan

### DAILY CHECKLIST

- I took my medicine and inhalers correctly.
- I’m using my oxygen and/or sleep apnea device correctly.
- I’m using breathing and airway clearance techniques.
- I’m balancing energy with rest periods.
- I’m avoiding irritants and allergens that make my breathing worse.
- I’m exercising and/or attending pulmonary rehab.

### SYMPTOMS

#### GREEN ZONE = DOING WELL

- No wheezing, no chest tightness, no shortness of breath.
- Able to do usual activities.

#### ACTIONS

- Continue to take regular medicine and inhalers.
- Avoid things that make breathing worse.
- Continue regular activities.

#### YELLOW ZONE = GETTING WORSE

- Increased cough, wheeze, chest tightness, or increased shortness of breath.
- Waking up at night because of difficulty breathing.
- Unable to complete activities due to shortness of breath and fatigue.

#### ACTIONS

- Continue to take regular meds and inhalers every day.
- If you have an action plan from your doctor, begin it now.
- Use rescue nebulizer or inhaler as directed.
- If not back to the Green Zone within one hour, contact doctor and take an additional dose of rescue inhaler or nebulizer.

#### RED ZONE = MEDICAL EMERGENCY!

- Very short of breath or wheezing.
- Rescue inhalers or nebulizers haven’t helped.
- Unable to do usual activities.
- Symptoms are the same or getting worse after 24 hours in the yellow zone.

#### ACTIONS

- Take rescue inhaler or nebulizer every 20 minutes AND...
- Go to the emergency room or call 911!