

# My Action Plan for COPD

<p>Every Day</p>	<p><b>Things I Will Do Every Day:</b></p> <ul style="list-style-type: none"> <li>• Do not smoke. Stay away from smoky areas.</li> <li>• Be active every day. Get up and do things, like walking every day.</li> <li>• Balance activity and rest periods.</li> <li>• Take my medicine the way my doctor told me to, even if I feel good.</li> <li>• Eat healthy foods.</li> <li>• Use oxygen if my doctor told me to. Check my oxygen to make sure it is working.</li> </ul>	
<p>Green Zone</p>	<p><b>I Feel Normal for Me</b></p> <ul style="list-style-type: none"> <li>• No change in phlegm.</li> <li>• No problems breathing or it is no harder to breathe than usual.</li> <li>• No more tired than usual with normal activities.</li> <li>• No problems eating or it is no harder to eat than usual.</li> <li>• No trouble sleeping or it is no harder to sleep than usual.</li> </ul>	<p><b>Action – I Will:</b> Keep doing the things I do every day.</p>
<p>Yellow Zone</p>	<p><b>Caution – I Feel Worse</b></p> <ul style="list-style-type: none"> <li>• Worsening breathing, wheezing, or coughing.</li> <li>• Gained or lost weight and don't know why.</li> <li>• Changes in my phlegm (thicker, color, amount).</li> <li>• No energy. Feel more tired than usual.</li> <li>• More problems eating than usual.</li> <li>• More problems sleeping than usual. My symptoms wake me up.</li> <li>• Fever or Chills.</li> <li>• I use my rescue inhaler or nebulizer more often than usual.</li> </ul>	<p><b>Action – I Will:</b></p> <ol style="list-style-type: none"> <li>1. Call my main caregiver _____</li> <li>2. <b>Then I will:</b> <ul style="list-style-type: none"> <li>• Limit my activities. Rest more.</li> <li>• Check my oxygen to make sure it is working.</li> <li>• Use my nebulizer or rescue inhaler, as my doctor said to.</li> <li>• Check to make sure I took all of my medicines. Did I forget any?</li> <li>• Focus on staying healthy.</li> </ul> </li> <li>3. <b>If I still do not feel better I will:</b> Call my doctor _____ Phone # _____ Call my home health nurse Phone # _____</li> </ol>
<p>Red Zone</p>	<p><b>Danger – I Feel Much Worse</b></p> <ul style="list-style-type: none"> <li>• Worsening breathing that does not get better with an inhaler or nebulizer.</li> <li>• Unrelieved chest pain.</li> <li>• Fainting or feel like I am going to faint.</li> <li>• Confusion.</li> </ul>	<p><b>Action – I Will:</b> Call 911</p>