

# HealthyActions

Achieving Your Goals for Healthy Living

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Doctor's Phone Number: \_\_\_\_\_

## COPD Action Plan

You can use the colors of a traffic light to help learn about your COPD medicines.

### 1. Green Zone

- My sputum is clear/white and easily cleared in small amounts
- I breathe without difficulty
- I can do usual activities without tiring
- I am able to think clearly

I take this daily controller medicine, \_\_\_\_\_,  
\_\_\_\_\_ puffs, \_\_\_\_\_ times per day.

I take this reliever (rescue) medicine, \_\_\_\_\_,  
\_\_\_\_\_ puffs, \_\_\_\_\_ times per day.

### 2. Yellow Zone

- My sputum is thicker than normal (green, yellow, or brown) or I am producing more sputum
- I am more short of breath, wheeze, or cough more than normal
- I weigh more and my legs/feet swell
- I tire easily and cannot do usual activities without resting
- I am not thinking clearly

I take this daily controller medicine, \_\_\_\_\_,  
\_\_\_\_\_ puffs, \_\_\_\_\_ times per day.

I take this reliever (rescue) medicine, \_\_\_\_\_,  
\_\_\_\_\_ puffs, \_\_\_\_\_ times per day.

- Check your oxygen system
- Use pursed lip breathing/relaxation
- Use of antibiotics or oral steroids with doctor's direction
- Call doctor if:
  - you have sputum changes or fever
  - you are not better in 1-2 hours

### 3. Red Zone

- I have trouble coughing up sputum
- I have trouble breathing
- My sputum contains blood
- I cannot do my usual activities
- I am confused
- My speech is slurred and I feel dizzy, faint, or sleepy
- It is difficult for me to wake up

- Call your doctor.
- Go to the Emergency Room if:
  - you have chest pain
  - you feel anxious or frightened
  - you are unable to speak
  - you are having trouble breathing or are sleepy
  - you feel faint, suddenly confused, or have slurred speech

