











MY COPD ACTION PLAN



Name: _____ Primary doctor: _____ Vets Connect Phone: **1800-382-8387**

Today my breathing feels	HOW CAN I TELL?	What should I do?
 <p>My breathing feels like usual for me</p>	<ul style="list-style-type: none"> I can do my normal level of activity My cough is the same I'm making the same amount of mucus 	<p>Green Light: Take Normal Day Meds</p> 
 <p>It feels harder than usual for me to breathe</p>	<ul style="list-style-type: none"> I feel short of breath more than usual I can't do as many of my normal activities I'm coughing more I cough more mucus The mucus is thicker or changing color 	<p>Yellow Light: Take Normal Day Meds + Rescue Meds</p> <p>For ___ days</p> 
 <p>I'm feeling sick It's hard to breathe</p>	<ul style="list-style-type: none"> My breathing or cough is <u>WORSE</u> than yellow light days (see above) I've used my rescue medications for ___ days and I'm still <u>NOT FEELING BETTER</u> 	<p>Orange Light Warning Zone: Take Normal Day Meds + Rescue Meds + Emergency Meds</p>  <p>Call Your Doctor</p>
 <p>Feeling much worse than before Very hard to breathe</p>	<ul style="list-style-type: none"> My breathing is <u>WORSE</u> than yellow and orange light days I've used my Rescue/Emergency meds for ___ days but I still <u>DON'T FEEL BETTER</u> I'm feeling drowsy or confused 	<p>Red Light: Take Rescue Meds+ Emergency Meds</p>  <p>Seek medical help ASAP Call 911 if you can't get medical help on your own</p>

NORMAL DAY MEDS

Name	Color and type of device	How much to take	When and how often
1.			
2.			
3.			
4.			

RESCUE MEDS

1.			
2.			
3.			

EMERGENCY MEDS

1.			
2.			