

My Name: _____ Date: _____
My Doctor's Name: _____ Phone: _____
Emergency Contact: _____ Phone: _____

Please complete the section below. Bring all your medicines and inhalers along with a complete list to doctor's office visits. Think about your ability to perform these activities on a typical "green" day. Place one check mark in each column. In the last (blank) column write in an activity you would like to be able to do again. Check the box below it to show how difficult it is to do that activity now. Share this goal with you healthcare team and your family.

	CLEANING	MAKING MY BED	BRUSHING MY TEETH	BATHING/SHOWERING	WALKING	CLIMBING STAIRS	WORKING	SLEEPING	EXERCISING	COOKING	
I can do this											
I can do this w/minor limitations											
I struggle to do this											
I cannot do this											

Instructions: Work with your doctor to complete this section on special medications for use on your Yellow and Red days.

My Green Days

A Normal Day for Me

- ☐ My breathing is normal
- ☐ My cough and mucus are normal
- ☐ My sleeping is normal
- ☐ My eating and appetite are normal
- ☐ My activity level is normal

Take Action

- ☐ I will take all medications as prescribed
- ☐ I will keep routine doctor appointments
- ☐ I will use oxygen as prescribed
- ☐ I will exercise and eat regularly
- ☐ I will avoid all inhaled irritants & bad air days
- ☐ I will update my COPD Action Plan every 6 months

My Yellow Days

A Bad Day for Me

- ☐ I have a low grade fever that doesn't go away
- ☐ I have increased use of rescue medications without relief
- ☐ I have a change in color, thickness, odor or amount of mucus
- ☐ I am more tired than normal or have trouble sleeping
- ☐ I have new or more ankle swelling
- ☐ I am more breathless than normal
- ☐ I feel like I am catching a cold

Take Action

- ☐ I will limit my activity and use pursed-lips breathing
- ☐ I will take regular medications as prescribed
- ☐ I will report these changes to my doctor today
- ☐ I will start special medications* prearranged with my doctor which includes: _____

My Red Days

A Bad Day When I Need Help Right Away

- ☐ I have disorientation, confusion or slurring of speech
- ☐ I have severe shortness of breath or chest pain
- ☐ I have a blue color around my lips or fingers
- ☐ I am coughing up blood

Take Action

- ☐ I will call 911 right away
- ☐ I will start these special medications*: _____

* If symptoms are not improved in one day after taking special medications, consult your doctor. The contents of My COPD Action Plan is for information purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment.

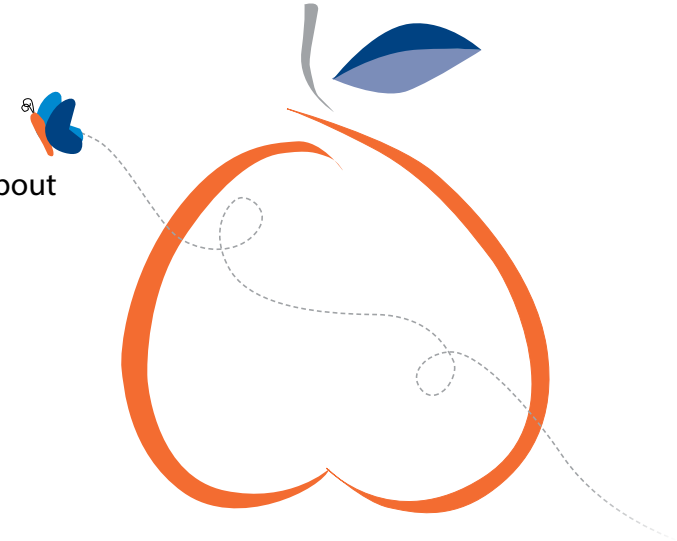
My COPD Action Plan can be used daily and should be updated every 6 months.
Next update _____

Tips for Living Well with COPD



Health and Safety

- If you are a smoker, make a plan to quit.
- Vaccinations are important. Get a flu shot every year and talk to your health care provider about the pneumonia shot, COVID-19 shot, and other vaccinations.
- Eat a well balanced diet and maintain a healthy weight.
- Notify your health care provider at the first sign of an infection or exacerbation (flare-up).
- Take medications exactly as prescribed.
- Avoid people who are sick.
- Wash your hands often or use hand sanitizer and avoid touching your face.
- Avoid breathing in allergens and irritants, including secondhand smoke.
- Talk with your health care provider about activity, exercise, and pulmonary rehabilitation.
- If you use supplemental (extra) oxygen, use it as prescribed.
- See your doctor at least once or twice per year, even if you feel well.
- Talk about your feelings with a friend, family member, or support group. If you feel overwhelmed, talk to a mental health professional.
- If you plan to travel, talk to your health care provider in advance about your trip goals and plans.



Tools and Techniques

- If you have trouble clearing mucus, ask your health care professional about coughing techniques and devices that help clear your lungs.
- Used pursed lip breathing when you feel short of breath.
- Monitor your health status with the COPD Assessment Test (CAT).
- Complete the My COPD Action Plan with your health care provider and keep it handy.
- Learn more about advance directives so your end-of-life wishes will be honored.



Resources for Individuals with COPD

- For more information on these topics, visit our website at www.copdfoundation.org.
- Download the COPD Foundation Guides for Better Living series at copdf.co/guides.
- For more support on your journey with COPD, visit our online community, COPD360social at www.COPD360social.org.
- Find more helpful tools in the COPD Pocket Consultant Guide app for smartphones. Download the app for free on Google Play or Apple's App Store.

