

Patient Name	Birthdate	Year Plan

COPD Action Plan

Signs and Steps to Manage Your COPD
and Breathe Easier - Together

How to use this plan: Patients and health care providers should complete the COPD Action Plan together. First identify your zone and then with your provider identify actions to take according to your zone. Discuss what to do if things change, any challenges or barriers in following this plan, and the steps to take if your COPD worsens.

Know your zone – Take the right action!	Provider instructions for zone action
Green Zone: “I’m doing okay” You feel good when: <ul style="list-style-type: none"> • Breathing is normal for you • Usual cough and phlegm/mucus • Usual energy for activities and exercise • Sleep well at night • Good appetite 	What to do if you are in the green zone: <ul style="list-style-type: none"> • Take daily medicines, as prescribed: _____ • Use oxygen, CPAP, or other tools as directed: _____ • Stay active and eat well • Stick to your plan!
Yellow Zone: “Something’s Not Right” Call your provider if you have: <ul style="list-style-type: none"> • More shortness of breath than usual • More coughing or thicker phlegm/ mucus • Less energy, poor sleep or appetite • Mild fever or just feel “off” • Using “rescue” inhaler more often 	What to do if you are in the yellow zone: <ul style="list-style-type: none"> • Keep taking daily medications, as prescribed: _____ • Start your “sick day” medications (ask provider if you are unsure): _____ • Rest – take it easy until you feel better • Call your provider to report worsening symptoms; discuss need for an appointment, additional medication or action (take seriously)
Yellow Zone: “Need Help Now” Call 911 or get help if: <ul style="list-style-type: none"> • Can’t breathe, even when resting • Coughing or mucus is much worse • Can’t walk or talk easily • Very tired or confused • Lips or nails turn grey or blue • Your hands, feet, or ankles are swollen • Chest pain • “Rescue” inhaler is not helping 	ACT NOW: If you are in the red zone, you may be having a COPD EMERGENCY <ul style="list-style-type: none"> • Take “emergency medications”, if available: _____ <p>CALL 911. Do NOT Wait. Get help immediately.</p> <p>A Red Zone flare-up can be life-threatening. ACT NOW!</p>

Provider Name:	I reviewed the COPD Action Plan with the patient. Provider's Signature:
Provider Address:	Date Reviewed with Patient:
Provider's Phone Number:	Notes:
FOR YOU (THE PATIENT) TO FILL OUT: Please check below, sign and date to allow family members or other caregivers to talk with your provider.	
I give permission to [name]: _____, [relationship]: _____, to communicate with my healthcare provider to help me manage my COPD.	
Patient Signature:	Date Signed:
List a person/phone # who can drive you to an emergency room or help you during a COPD flare: Name: Phone #: Name: Phone #:	Other Important Contact: Name: Email: Phone:
PROPER DEVICE USE TIP: Watch a demonstration video on using your inhaler.	VACCINATION TIP: Staying up-to-date on vaccines (RSV, flu, pneumococcal, COVID-19) adds protection for your COPD management.
COPD ACTION PLAN TIP: Place a copy on your fridge and give one to your caregivers.	GETTING HELP EARLY: Take action as soon as you enter the yellow-zone. Call your provider to report symptoms.
TRIGGERS TIP: Eliminate or avoid personal triggers to help manage symptoms. Common triggers are: pets in bedroom and on furniture, scented products, including perfumes, air fragrance sprays, wood smoke, gas fumes, extreme cold and humid conditions, tobacco smoke, secondhand smoke, and other inhaled products Visit 802Quits.org or call 1-800-QUIT NOW for free help to quit smoking or vaping.	SELF-MANAGEMENT TIP: Stabilize your COPD by knowing the following: <ul style="list-style-type: none"> • COPD Basics, signs, symptoms and progression. • Medication and device use • Triggers • Daily Management, including your treatment and COPD Action Plans and what to do in an emergency.

Learn more about COPD:

Visit the Vermont Department of Health's COPD Program:
www.healthvermont.gov/wellness/copd-chronic-obstructive-pulmonary-disease