

COPD Action Plan



Marshfield Clinic Health System

Actions to take daily and if I get worse

Green

I am doing well

You may experience one or more symptoms:

- No shortness of breath
- Able to do daily activities/exercise
- Thinking clearly
- Sleeping well
- Appetite good
- Mucus is easy to cough up

Take all medicines as ordered

The goal is to be in the green zone as long as possible

Yellow

I am having a bad day

- Increased shortness of breath
- Difficulty with daily activities/exercise
- Increased or thicker mucus with color change
- Increase in cough
- Decrease in appetite
- Not thinking clearly
- Trouble sleeping
- May have fever or chills
- Swelling of feet or ankles

Increase rescue/short acting nebulizer or inhaler (bronchodilator) to 4 times a day

Call your health care provider if you have not improved in 24 hours

Red

I am in danger

- Severe shortness of breath even at rest
- Not able to do daily activities
- Fever and chills
- Confused or drowsy
- Unable to cough up mucus

Take your rescue medicine and call your health provider

Call 911 or seek medical care immediately