






My Zone	How I Feel	What I Should Do
<p>Green Zone</p> 	<p>I have no new COPD symptoms.</p> <ul style="list-style-type: none"> <input type="checkbox"/> I feel good. <input type="checkbox"/> I am eating well and able to move around the way I usually do. 	<ul style="list-style-type: none"> <input type="checkbox"/> I will continue taking my prescribed medications. <input type="checkbox"/> I will use oxygen as prescribed (check this box if you usually use oxygen).
<p>Yellow Zone</p> 	<p>I have more COPD symptoms than usual.</p> <ul style="list-style-type: none"> <input type="checkbox"/> I have a new cough. <input type="checkbox"/> I have a change in color of my mucus or more mucus. <input type="checkbox"/> I am more tired. 	<ul style="list-style-type: none"> <input type="checkbox"/> I will continue taking my prescribed medications. <input type="checkbox"/> I will continue to use my oxygen as prescribed (check this box if you use oxygen) <input type="checkbox"/> I need to take these extra medications my doctor prescribed _____ _____ <input type="checkbox"/> I should rest and use pursed lip breathing if I need to. <input type="checkbox"/> I will call my doctor today to report these symptoms.
<p>Red Zone</p> 	<p>I am having very bad COPD symptoms.</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am short of breath, even when I rest. <input type="checkbox"/> I have blue around my lips or fingers. <input type="checkbox"/> I feel very sick. 	<ul style="list-style-type: none"> <input type="checkbox"/> I should call 911 or seek medical help right away.

Important Phone Numbers

How I feel	Who should I call	Phone number
I am in the Red Zone 	Emergency	911
I am in the Yellow Zone 		

My Medications for COPD

Name of Medicine	What it Does	When to Take	How much to Take

This is what my oxygen should be set at. Skip this section if you are not using supplemental oxygen.

Resting: _____ Increased Activity: _____ Sleeping: _____

At least once a year I should do these things:

- See my lung doctor.
- Talk to my lung doctor about the medications I am taking.
- Tell my lung doctor what my COPD symptoms are usually like.
- Tell my lung doctor what things I am doing to manage my COPD.
- Go over my COPD Plan with my lung doctor to make sure it is still right for me.