






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.