



**Coastal Medical**  
*Lifespan. Delivering health with care.®*

# My COPD Action Plan

Name: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Green Zone: **ALL CLEAR** - *I'm feeling well today – Keep up the good work!*

### **Breathing:**

- My breathing is normal for me
- I have no change in coughing or amounts of phlegm/mucus
- I sleep well at night

### **I Will:**

- ☐ Take daily medications
- ☐ Use oxygen as prescribed
- ☐ Avoid cigarette smoke or things that make my breathing worse
- ☐ Get my flu and pneumonia vaccines

## Yellow Zone: **CAUTION** - *I'm having a bad day/COPD flare – I need some help!*

### **Breathing:**

- I am more short of breath than usual
- I have less energy for my daily activities
- I am coughing more or have increased or thicker phlegm/mucus
- I feel like I have a "chest cold"
- I am using my rescue inhaler/nebulizer more often
- I am not sleeping well

### **I Will:**

- ☐ Contact my provider immediately if symptoms don't improve
- ☐ Continue my daily medication
- ☐ Use my rescue inhaler every \_\_ hours
- ☐ Use oxygen as prescribed
- ☐ Practice my breathing exercises
- ☐ Avoid cigarette smoke or things that make my breathing worse

## Red Zone: **DANGER** - *I need immediate medical care!*

### **Breathing:**

- I have severe shortness of breath even at rest
- I am not able to do any activity
- I am not able to sleep
- I may have a fever or shaking chills
- I may feel confused or very sleepy
- I may be having chest pain
- I may be coughing up blood
- I am not able to eat

### **I Will:**

- ☐ Call 911 or seek medical care immediately
- ☐ Use my rescue inhaler/nebulizer while waiting for help
- ☐ Call my provider's office to alert them I am going to hospital, if able

### **My Providers:**

For appointments or urgent concerns, please contact your pulmonologist or provider's office directly:

Pulmonologist:

Primary Care Provider:

Pulmonologist Phone Number:

Primary Care Phone Number:

### **Coastal Resources:**

#### **My Coastal COPD Care Team**

For general, non-urgent questions or concerns:  
Call/text *during office hours*: **401-405-1431**

**Coastal365™**  
Adult Sick Visit Clinic  
Multiple Locations

Available evenings, weekends, and holidays:  
Call: **1-800-822-5981**