



Place Patient Label with  
Barcode Here

### How I Might Feel and What to Do:

#### **Action Plan, What to do Every Day!**

- **Don't smoke** – your healthcare provider can help you set up a plan to quit.
- Use your puffers with the spacer (aerochamber) as prescribed.
- Monitor your sputum (what comes up when you cough)
- Use your oxygen as prescribed
- Do your breathing exercises

#### **Green Light: All Clear - This zone is your goal!**

- I do not have shortness of breath or feel more short of breath than normal.
- My sputum is its normal colour and amount
- I do not feel I need to increase my oxygen
- I am able to complete my normal tasks
- I am not using my 'rescue' puffer more often or more than prescribed
- My prescribed oxygen level is \_\_\_ L/min

**Your symptoms are under control.  
Go to your scheduled follow up  
Doctor/NP/Clinic appointments.**

#### **Yellow Light: Caution - This zone is a warning!**

- I have had an increase in shortness of breath for 2 days
- My sputum has been a different colour and/or there has been more of it for 2 days
- I feel I need to, or have been, increasing my oxygen amount after activity

**You may need to change your medications  
or be seen by your Doctor/NP/Clinic.  
Call your Doctor/NP/Clinic for instructions.**

**\*If you have an action plan for additional  
medications (like your rescue puffer) for  
managing 'flare-ups' start it now!**

#### **Red Light: Emergency - This zone means act fast!**

- I am still short of breath after 2 days of my flare up action plan and I am using my medications as often as I am allowed
- I am dizzy and sometimes feel confused
- I feel drowsy a lot
- I have chest pain or very strong tightness in my chest
- I have been or feel the need to have more oxygen all the time

**Call your Doctor/NP/Clinic today to report  
symptoms and request an appointment.**

**If you cannot get an immediate appointment,  
go to your nearest Emergency Department.**

**\*\*\*CALL 911 if you are having chest pain  
unrelieved by nitro, dizziness, drowsiness,  
or confusion\*\*\***