

# COPD Action Plan

## Your Plan for Action

- Use this guide to help tell your doctor or nurse about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.
- **Visit the manufacturer's website to learn more about your inhaler.**

### You are in control and doing well.



- My cough is the same as usual.
- My daily medicines are working.
- I can do my usual activities.
- I sleep like usual at night.
- My appetite is normal.

### Take action today. Call your doctor, the MyCare Advice line, or schedule a same day in-person or virtual appointment.



- I am coughing more than usual.
- I have more or thicker phlegm or mucus.
- I am using my rescue inhaler or nebulizer more than usual.
- I am out of breath more than usual.
- I feel like I have a chest cold.
- I am not sleeping well, or my symptoms wake me up.
- My appetite is not normal.
- I am having trouble doing activities, such as walking, talking, or eating.
- I have a fever, feel shaky, or have the chills.

### Take action now! Call 9-1-1 right away!



- I cannot catch my breath.
- I cannot sleep because of my breathing.
- I feel confused or am not acting like myself.
- My lips or nails are turning blue or gray.
- I am having chest pain that will not go away.