

My Treatment Plan—How Do I Take Action?

Your doctor will prescribe medicine based on your symptoms.

<p><i>If you have mild COPD, you may:</i></p> <ul style="list-style-type: none"> • Feel a little short of breath after working hard or walking quickly • Cough a lot (with mucus) 	<p><i>My Actions:</i></p>
<p><i>If you have moderate COPD, you may:</i></p> <ul style="list-style-type: none"> • Feel short of breath after working hard or walking quickly • Have a tough time doing hard work or chores • Need a few weeks to get better from a cold or other lung infection • Cough even more, with a lot of mucus 	<p><i>My Actions:</i></p>
<p><i>If you have severe COPD, you may:</i></p> <ul style="list-style-type: none"> • Have trouble breathing on most days • Be short of breath, even at rest • Need a few weeks to get better from a cold or other lung infection • Not be able to do your usual activities • Get tired very easily • Cough even more, with a lot of mucus 	<p><i>My Actions:</i></p>

How to Take Action:

- If you smoke, quit!
- When your symptoms suddenly get worse, use this quick-relief medicine: _____
- To control symptoms and prevent them from getting worse, take this daily controller medicine: _____
- Talk to your doctor about how you can prevent flare-ups, or exacerbations.
- Keep exercising as directed.
- Protect yourself from airway infections.
- Use pursed-lip breathing exercises.
- Talk to your doctor about oxygen therapy and a lung rehab program to help you breathe better.

If your symptoms suddenly get worse and don't get better after taking your quick-relief medicine, call your doctor or go to the emergency room.

Taking your medicines the right way is one of the most important things you can do. Ask your doctor to help you complete the items below.

Date: ____/____/____

Doctor/Phone: _____

Emergency number: _____