

# Chronic Obstructive Pulmonary Disease ACTION PLAN: Language Script of **AUDIO** Talking Board

## Talking Board 1- Green Stage of Action Plan

- Feel good, no short wind?
- Feeling well, no headaches, not dizzy,
- Sleeping well, feeling energy.
- Normal Spit,
- Taking normal medicine.



## Talking Board 2- Yellow Stage of Action Plan

- More coughing or wheezing?
- More spit, changed colour to green or yellow or thick?
- Can't walk far, more short wind?
- Are you using the blue puffer more?
- Not eating much?
- Trouble sleeping?
- Do you have a fever?
- Are you or your family worried about yourself?
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- Your lung sickness is getting worse. Call or go and see the clinic or the doctor.



## Talking Board 3- Pink Stage of Action Plan

- Very short wind, even at rest?
- Sleepy? Then waking up easily?
- Coughing and blood in your spit?
- Chest pain?
- Afraid and scared?
- Confused and slurring your speech?
- Ankles swelled up?
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- Your lung sickness is very bad
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- You or your family call an ambulance 000 or the clinic
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