

# Living with COPD

picture of health™

\* **Avoid tobacco smoke. Do not allow smoking in your house. If you smoke, quit!** For help,

- Talk to your doctor.
- Call 1.800.QUIT.NOW
- Go to: [www.smokefree.gov](http://www.smokefree.gov) or [www.lungusa.org/tobacco](http://www.lungusa.org/tobacco).

\* Avoid other air pollutants.

\* Follow your action plan for:

- Medicines (pills, inhaled, liquids).
- Exercise and daily activities.
- Healthy eating.
- Nutritional supplements between meals.
- Gaining or losing weight.



\* Do not take over-the-counter cough or other medicines unless your doctor tells you to.

\* If using oxygen, follow directions.

\* Unless you are told by your doctor to limit fluids, drink at least 8 glasses of water (64 ounces) a day to keep mucus thin and easier to cough up.

\* Avoid persons who have a cold or the flu. Wash your hands often. Get plenty of rest.



\* Get a yearly flu vaccine. This year, I will get it on \_\_\_\_/\_\_\_\_/\_\_\_\_.

\* Year to get pneumonia vaccine \_\_\_\_.

## Reasons to Call Your Doctor

- You have a much harder time catching your breath.
- You have sudden chest tightness.
- You cough a lot more. You cough up yellow, green, brown, or red-colored mucus.
- You have a fever.
- You are anxious and/or depressed.

## Reasons to Get Emergency Care

- Your lips or fingernails are blue or gray.
- It is hard for you to talk or walk.
- Your breathing is fast and hard, despite using your medicines.
- Your heart is beating very fast or irregularly.

## Pursed Lip Breathing

Use it to help relieve shortness of breath. Use it when you need to exert yourself, too.

1. Relax. Close your mouth. Breathe in through your nose. Do this slowly and count: one, two.
2. Purse or pucker your lips and breathe out. Do this slowly, too, but count one, two, three, four.
3. Do not do this tight-lipped. To purse your lips the right way, place a lit candle 4 to 6 inches away from you. Breathe out to make the flame gently flicker, but not hard enough to blow out the flame.