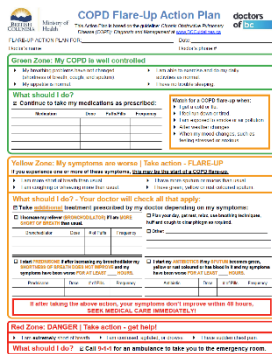


COPD Quick Tips

What I will do when I go home

- Make an appointment with my Doctor / Nurse Practitioner to:
 - Get a COPD Flare up Plan.
 - Talk about which vaccines I need to stay healthy.

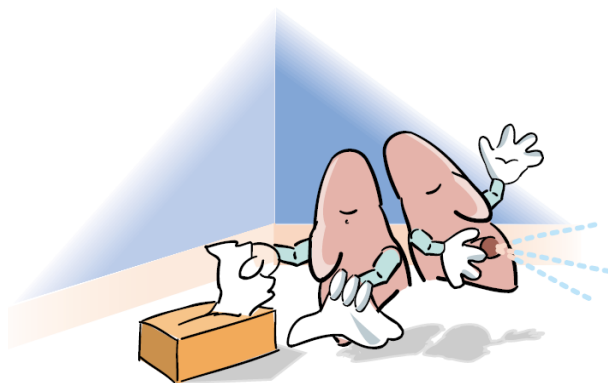


- Take my medicines as instructed by my Doctor / Nurse Practitioner.



Things I can do to stay healthy

- Watch for changes in my breathing (shortness of breath, cough, and mucous or sputum).



- Stay away from things that make me short of breath (such as indoor and outdoor pollutants).



- Use different sitting and standing positions to help make it easier for me to breathe.



- Sleep at least 6 to 8 hours a night.



- Eat 3 to 5 small meals each day.
- Eat snacks high in protein.



- Exercise a total of 30 minutes each day (three 10-minute walks).



- Continue to stay or become smoke-free.



Resources

Living Well with COPD

livingwellwithCOPD.com

or scan this QR code



BC Lung Association

1-800-665-5864

bc.lung.ca



Fraser Health

- Community Respiratory Services
604-514-6106
- Respiratory Rehabilitation Program
(Ask your doctor)

A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.