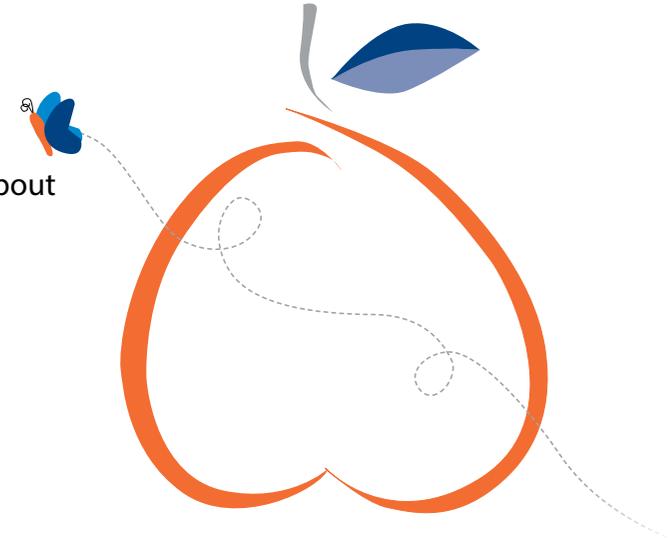


Tips for Living Well with COPD



Health and Safety

- If you are a smoker, make a plan to quit.
- Vaccinations are important. Get a flu shot every year and talk to your health care provider about the pneumonia shot, COVID-19 shot, and other vaccinations.
- Eat a well balanced diet and maintain a healthy weight.
- Notify your health care provider at the first sign of an infection or exacerbation (flare-up).
- Take medications exactly as prescribed.
- Avoid people who are sick.
- Wash your hands often or use hand sanitizer and avoid touching your face.
- Avoid breathing in allergens and irritants, including secondhand smoke.
- Talk with your health care provider about activity, exercise, and pulmonary rehabilitation.
- If you use supplemental (extra) oxygen, use it as prescribed.
- See your doctor at least once or twice per year, even if you feel well.
- Talk about your feelings with a friend, family member, or support group. If you feel overwhelmed, talk to a mental health professional.
- If you plan to travel, talk to your health care provider in advance about your trip goals and plans.



Tools and Techniques

- If you have trouble clearing mucus, ask your health care professional about coughing techniques and devices that help clear your lungs.
- Used pursed lip breathing when you feel short of breath.
- Monitor your health status with the COPD Assessment Test (CAT).
- Complete the My COPD Action Plan with your health care provider and keep it handy.
- Learn more about advance directives so your end-of-life wishes will be honored.



Resources for Individuals with COPD

- For more information on these topics, visit our website at www.copdfoundation.org.
- Download the COPD Foundation Guides for Better Living series at copdf.co/guides.
- For more support on your journey with COPD, visit our online community, COPD360social at www.COPD360social.org.
- Find more helpful tools in the COPD Pocket Consultant Guide app for smartphones. Download the app for free on Google Play or Apple's App Store.

