

COPD

Daily

Medication administration: Take all medications as prescribed in order to control COPD symptoms.

If applicable, carry rescue inhaler at all times

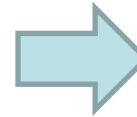
If indicated, wear oxygen at all times or as directed. Always have back up oxygen tanks in case of power outages. Contact electric company to get on "priority" outage list.

Report immediately: extreme shortness of breath, trouble coughing up mucus/coughing frequently, blood in mucus, rescue medication is not helping, wheezing, swelling, fever and chills (obtain thermometer).

Follow diet as ordered by physician. Eat a well-balanced diet. Avoid junk food.

Smoking cessation if applicable.

Exercise daily: consult physician for safe and effective plan.
Avoid triggers: exposures to viruses, smoking, air pollution, indoor allergens, seasonal allergies, and extreme weather.



Every 1-6 Months

Keep all medical appointments: Report any changes since last office visit such as increased shortness of breath.

Bring all medications including over-the-counter medications to doctors visits.



Yearly

Comprehensive medical exam

Get a "flu" vaccination

Ask if you need a pneumonia vaccination

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