







How to Care for COPD

Call 911 if you can't catch your breath, have symptoms for 2 days, have no relief from your rescue inhaler, have bluish lips or fingernails, have grayish skin, have confusion, or you can't wake up easily.

Activity	Medicines	Do Not Use Tobacco	Food	When to Call Your Health Care Provider
 <ul style="list-style-type: none">■ Even a small amount of exercise can improve your health. Try to work on being active 5 to 6 days a week for 30 minutes each day.■ Walking is good exercise because it is easy. You may also try other exercise that is low impact.■ Save your energy.■ Find easier ways to do things to help give you energy to do the things you enjoy.■ Consider using equipment to save energy.	 <ul style="list-style-type: none">■ Know which medicines you are taking:<ul style="list-style-type: none">■ beta-2 agonists:<ul style="list-style-type: none"><input type="checkbox"/> open your airway quickly■ anticholinergics: open your airway quickly and reduce cough■ inhaled steroids: reduce swelling■ combination medicines: open your airway and reduce swelling■ oxygen: help you feel better.■ Take your medicines as directed.	 <ul style="list-style-type: none">■ Using any form of tobacco, including electronic nicotine delivery systems, is hard on your body.■ If you need help quitting, talk with your doctor or:<ul style="list-style-type: none"><input type="checkbox"/> Quit Partner<ul style="list-style-type: none">• 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com<input type="checkbox"/> online tobacco cessation support<ul style="list-style-type: none">• smokefree.gov.	 <ul style="list-style-type: none">■ Eat helpful foods, such as:<ul style="list-style-type: none"><input type="checkbox"/> lean meats<input type="checkbox"/> low-fat dairy<input type="checkbox"/> fruits and vegetables<input type="checkbox"/> whole wheat breads and cereals.■ Drink at least 6 to 8 glasses of water a day.■ Eat 5 or 6 smaller meals during the day.■ Eat softer foods.  <p><small>© 2022 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM respir-ah-48690 (9/13)</small></p>	 <p>Call if you:</p> <ul style="list-style-type: none">■ have more coughing, sputum or phlegm than usual■ are more short of breath or have more wheezing than usual■ are more tired than usual or are unable to do your regular activities■ have a fever of 100.8 F or higher■ use your rescue inhalers or nebulizers more than usual■ have lower oxygen saturation than usual■ are unable to think clearly.