

# 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
<div data-bbox="247 354 397 558" data-label="Image"> </div> <ul style="list-style-type: none"> <li>■ 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.</li> <li>■ Walking is good exercise because it is easy. You may also try other exercise that is low impact.</li> <li>■ Save your energy.</li> <li>■ Find easier ways to do things to help give you energy to do the things you enjoy.</li> <li>■ Consider using equipment to save energy.</li> </ul>	<div data-bbox="688 354 983 558" data-label="Image"> </div> <ul style="list-style-type: none"> <li>■ Know which medicines you are taking: <ul style="list-style-type: none"> <li>❑ <b>beta-2 agonists:</b> <ul style="list-style-type: none"> <li>❑ open your airway quickly</li> </ul> </li> <li>❑ <b>anticholinergics:</b> <ul style="list-style-type: none"> <li>open your airway quickly and reduce cough</li> </ul> </li> <li>❑ <b>inhaled steroids:</b> <ul style="list-style-type: none"> <li>reduce swelling</li> </ul> </li> <li>❑ <b>combination medicines:</b> <ul style="list-style-type: none"> <li>open your airway and reduce swelling</li> </ul> </li> <li>❑ <b>oxygen:</b> <ul style="list-style-type: none"> <li>help you feel better.</li> </ul> </li> </ul> </li> <li>■ Take your medicines as directed.</li> </ul>	<div data-bbox="1252 370 1413 526" data-label="Image"> </div> <ul style="list-style-type: none"> <li>■ Using any form of tobacco, including electronic nicotine delivery systems, is hard on your body.</li> <li>■ If you need help quitting, talk with your doctor, visit <a href="http://smokefree.gov">smokefree.gov</a>, or call the tobacco intervention program at: <ul style="list-style-type: none"> <li>❑ Abbott Northwestern Hospital (612-863-1648)</li> <li>❑ Mercy Hospital (763-236-8008)</li> <li>❑ River Falls Area Hospital (715-307-6075).</li> </ul> </li> </ul>	<div data-bbox="1682 354 1970 548" data-label="Image"> </div> <ul style="list-style-type: none"> <li>■ Eat healthful foods, such as: <ul style="list-style-type: none"> <li>❑ lean meats</li> <li>❑ low-fat dairy</li> <li>❑ fruits and vegetables</li> <li>❑ whole wheat breads and cereals.</li> </ul> </li> <li>■ Drink at least 6 to 8 glasses of water a day.</li> <li>■ Eat 5 or 6 smaller meals during the day.</li> <li>■ Eat softer foods.</li> </ul> <div data-bbox="1628 1360 1991 1414" data-label="Image"> </div> <p data-bbox="1634 1458 2053 1503">© 2014 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM respir-ah-48690 (9/13)</p>	<div data-bbox="2198 370 2467 516" data-label="Image"> </div> <p>Call if you:</p> <ul style="list-style-type: none"> <li>■ have more coughing, sputum or phlegm than usual</li> <li>■ are more short of breath or have more wheezing than usual</li> <li>■ are more tired than usual or are unable to do your regular activities</li> <li>■ have a fever of 100.8 F or higher</li> <li>■ use your rescue inhalers or nebulizers more than usual</li> <li>■ have lower oxygen saturation than usual</li> <li>■ are unable to think clearly.</li> </ul>