

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.

<p>Activity</p> 	<p>Medicines</p> 	<p>Do Not Use Tobacco</p> 	<p>Food</p> 	<p>When To Call Your Health Care Provider</p> 
<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: 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"> — Quit Partner <ul style="list-style-type: none"> • 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com — online tobacco cessation support <ul style="list-style-type: none"> • smokefree.gov. 	<ul style="list-style-type: none"> ■ Eat healthful foods, such as: <ul style="list-style-type: none"> — lean meats — low-fat dairy — fruits and vegetables — 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 style="text-align: right;">allinahealth.org</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.