

Chronic Lung Disease Action Plan

What To Do Every Day:

- Take your medicines as directed.
- Stay active and exercise as much as you can.
- Do not smoke.
- Make sure no one smokes in your house or around you.
- Drink water. Follow your doctor's instructions for how much water to drink.

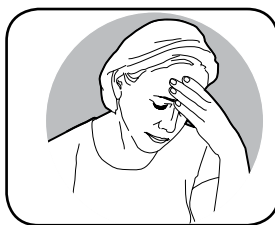
Call Your Clinic if You Have Any of the Following:



- more coughing, mucus or phlegm than usual



- more short of breath or wheezing than usual



- more tired than usual or unable to do your usual activities

- fever of 100.8 F or higher
- using your inhalers or nebulizers more than usual
- lower oxygen saturation than usual
- people around you say your symptoms have changed

Whom to Call and What to Say

Name:

Number:

Tell the person who answers the phone, "I have chronic lung disease and my symptoms have changed. I need to make an appointment with a doctor today."

Call 911 or Go to the Hospital if You:

- can't catch your breath at rest
- have no relief from a rescue inhaler
- have bluish lips or fingernails
- have grayish skin
- have confusion
- can't wake up easily