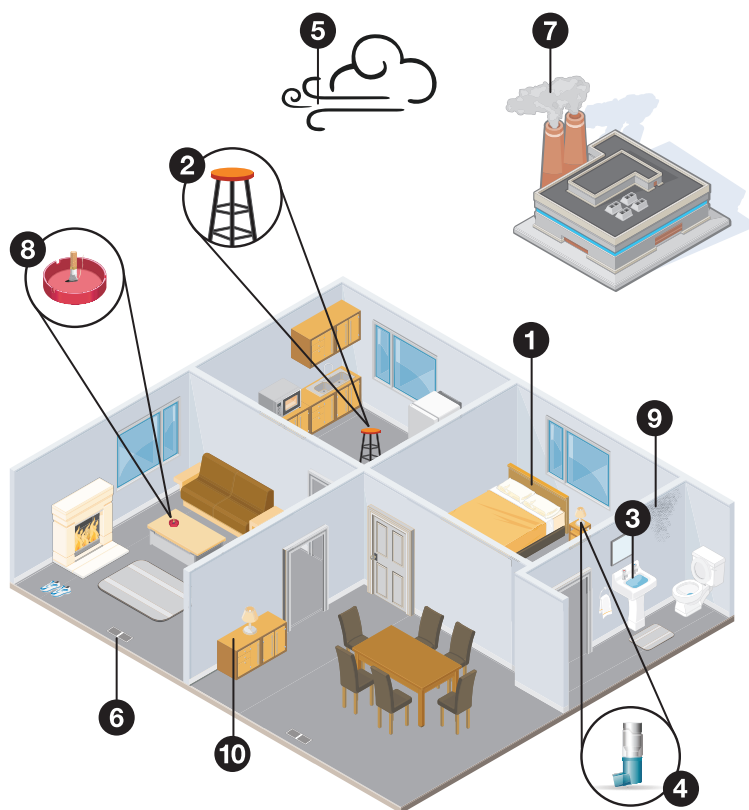


Managing Your COPD Day to Day

Do you struggle with symptoms of COPD? Symptoms can include coughing, breathlessness, and changes to your mucus. You may notice that your symptoms may change day to day.

COPD is with you all the time, no matter how you feel. In addition to taking your medicine as prescribed, you can also take steps at home to help reduce your symptoms. Talk to your healthcare provider about a plan that's right for you.



Be aware:

Keep an eye on your environment

- 5 Cold Weather:** During the colder weather months, you may be at increased risk for respiratory infections
- 6 Indoor Air Quality:** Keep the air in your home clean by doing things such as changing your air filters regularly
- 7 Outdoor Air Quality:** Try to avoid lung irritants such as air pollution. Keep your windows closed and stay at home (if possible) when there's a lot of air pollution or dust outside



Add to your life:

Try making one of the following positive changes

- 1 Sleep:** Poor sleep quality may contribute to an increase in symptoms. Talk to your provider if you have problems sleeping
- 2 Stool:** Doing activities with less effort, such as sitting while performing day-to-day tasks, may lead to less tiredness
- 3 Handwashing:** Washing hands after contact with a person who has a cold may prevent you from catching it
- 4 Medicines:** Using your COPD medicines as prescribed may improve everyday symptoms



Remove from your life:

Try taking away even one of the following

- 8 Smoke:** Staying away from smoke may decrease your symptoms. In addition to quitting smoking, try to avoid secondhand and fireplace smoke
- 9 Mold:** Being exposed to mold may increase your risk of infection
- 10 Dust:** Try to avoid lung irritants such as dust

It can be hard to change your whole routine at once. So start small. Even one or two changes around the house may help improve your symptoms.



Meet Catherine

Catherine has COPD, and her symptoms sometimes prevent her from being as active as she would like to be. She lives in a house, much like the one on the previous page. She smokes inside and cleans her house often. Her hobbies include playing with her grandchildren, cooking, and gardening.

Catherine needs your help to manage her day.

- + { What might Catherine be doing well? _____
What could she add to her life that might reduce her COPD symptoms? _____
- ! { What might be causing Catherine some trouble? _____
- { What could she be aware of or remove from her life to help reduce her symptoms? _____

Now that you have helped Catherine, think about what might work for you.

Right now, what are you doing well to manage your COPD? _____



Check what **you could add to your life**, in addition to taking your medicine as prescribed, that may positively affect your COPD symptoms.

- ☐ handwashing
- ☐ sitting down during daily tasks
- ☐ improving sleep quality

Which positive changes can you make this month? _____

In the next 3 months? _____



Check what **you think may be affecting your COPD symptoms** in your home.

- ☐ cigarette smoke
- ☐ fireplace smoke
- ☐ secondhand smoke
- ☐ mold
- ☐ dust
- ☐ cold weather

Which of these can you eliminate or be aware of this month? _____

In the next 3 months? _____

How ready do you feel about making these changes?



What might you need in order to feel more ready? _____

What steps will you take to get started? _____

Talk with your healthcare provider before changing your daily routine. Remember to pay attention to how you feel over time so you can learn what works best for you.



GlaxoSmithKline

This material was developed by GlaxoSmithKline.