







COPD Management Knowing When to Take ACTION is Important!

STABLE		
	<p><u>Stable</u> – Able to do usual activities Breathing is good Sleeping well, appetite good A little sputum Thinking clearly</p>	<p style="text-align: center;">TIPS</p> <p>Take medicine as prescribed Avoid triggers Eat healthy meals Exercise as prescribed</p>
MODERATE		
	<p><u>Moderate Attack – Symptoms are worsening</u> More cough, wheezing, shortness of breath Sputum thicker, more colored Poor appetite - Not sleeping well Restless, tired - Not thinking clearly Less able to do usual activities</p>	<p style="text-align: center;">TIPS</p> <p>Keep using your regular medicines Use additional medicines as prescribed Use pursed lip breathing and relaxation techniques If on oxygen, check to make sure it's working properly Call your doctor when symptoms are worsening</p>
SEVERE		
	<p style="text-align: center;"><u>Severe Attack</u></p> <p>Rescue medicine is NOT working Shortness of breath even at rest Trouble coughing up sputum or blood in sputum Fever or chest discomfort Feeling confused or faint, slurred speech Drowsy, difficult to awaken Unable to do usual activities</p>	<p style="text-align: center;">TIPS</p> <p style="text-align: center;">Get help from your doctor NOW! Call 911 or go to the Emergency Room if you are unable to talk to your doctor, can't breathe, are confused, or have fainted. Keep using your regular medicines and your reliever medicines.</p>

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