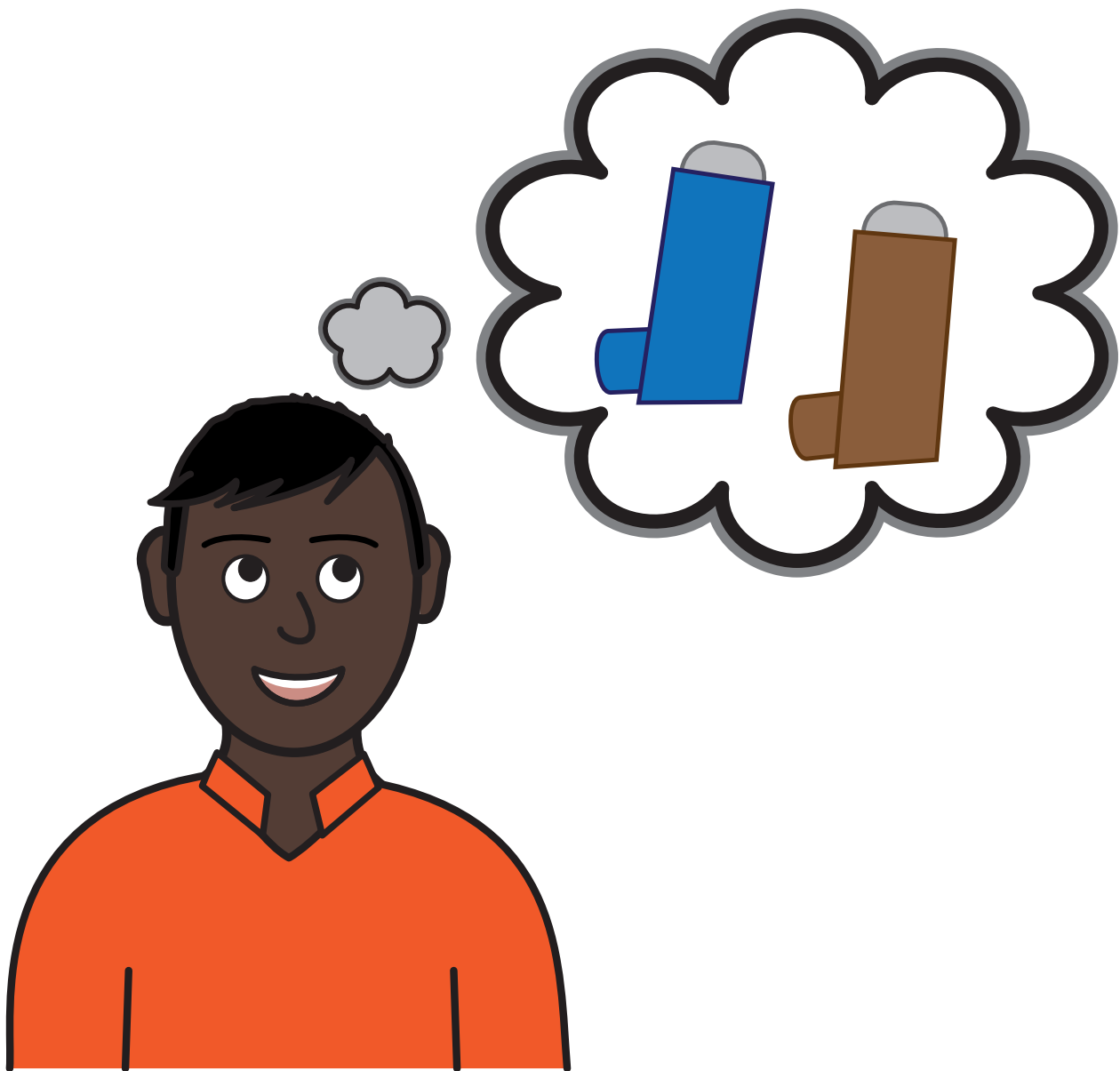


# How I look after my COPD



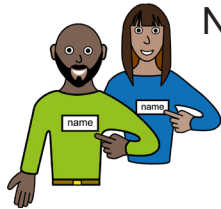
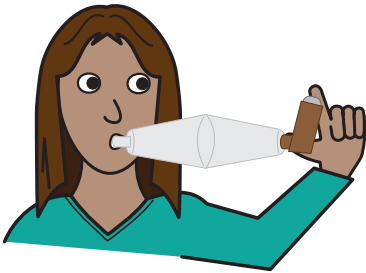


## Normal for Me

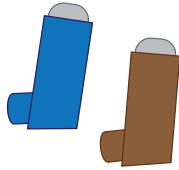


- Get to know what is normal for you.
- What can you do before you have to stop?

### My Medication



Name



Colour

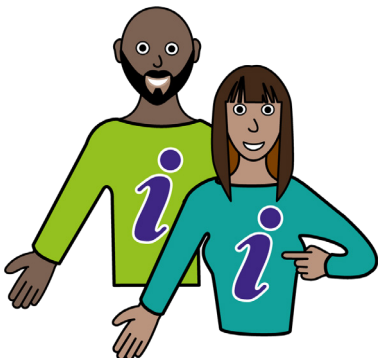


Morning Puff/s



Evening Puff/s

### My Normal Is:

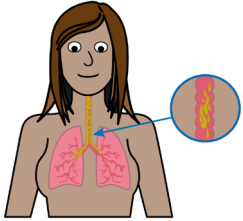


I can

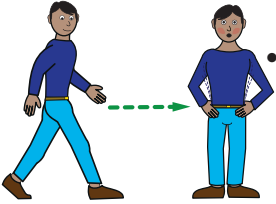
**Example:** I can walk from my house to my local shops before I get short of breath.



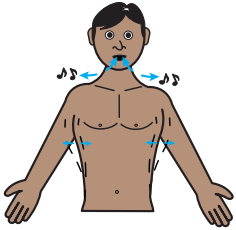
## NOT Normal for Me



- Green phlegm

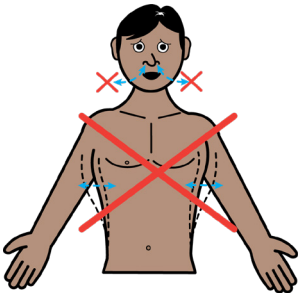


- Breathless when walking



- Whistle breathing (wheeze)

### More Breathless?

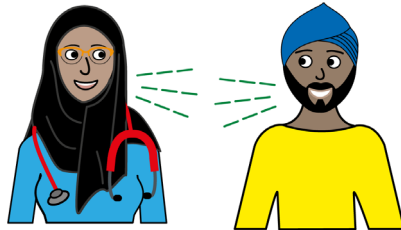
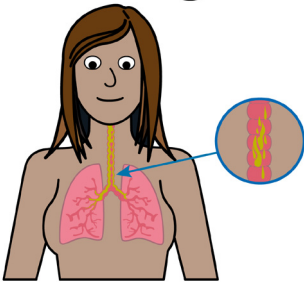


Take up to 10 puffs every 4 hours.



If no better in 1 day get seen urgently that day by your GP.

### Green Phlegm?



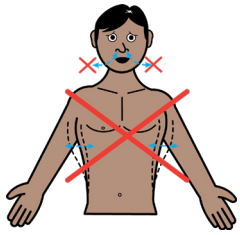
If no better after 1 day get seen urgently that day by your GP.



Don't wait to get worse

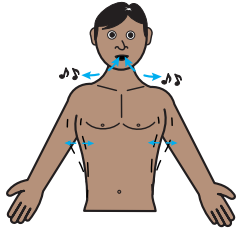


## Feeling Bad

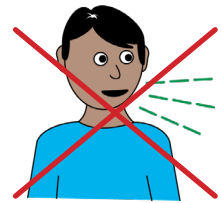


- Breathless all the time

- Fast breathing

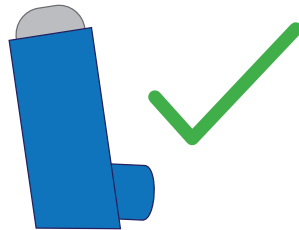


- Whistle breathing a lot

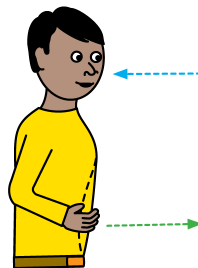


- Cannot talk

## COPD Emergency



Is your **blue inhaler** not working?



Are your breathing exercises not working?



Feel worse or no better?  
**DIAL 999**