





## Avoid things that make COPD worse

Living well with chronic obstructive pulmonary disease (COPD) means protecting your lungs. What's the best way to do that if you have COPD?

If you smoke, the first — and most important — step is to stop. Ask others not to smoke around you too. If you're having trouble quitting, your doctor can help. There are programs and medicines that can help you break your addiction.

Then do your best to avoid other things that make breathing harder. Those include:

**Dust and air pollution.** If possible, stay indoors and keep your windows closed when there's lots of pollution or dust outside.

**Chemical fumes.** Ask your doctor what you can do to lower your risk at work. Do you need to paint or spray for insects at home? Have someone else do those chores. If you can, stay someplace else for a while.

**Lung infections.** Fight off cold and flu germs by washing your hands often. Get shots to protect you from the flu and pneumonia.

One last tip: Take your COPD medicines exactly as prescribed. That's a must for keeping your lungs working well.

*Sources: American Lung Association ([www.lung.org](http://www.lung.org)); National Heart, Lung, and Blood Institute ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))*

## Caregivers: Seek the help you deserve

Need support? Ask your loved one's care manager about services that may be open to you.

## 4 ways to take charge

If you have a chronic condition, take it step by step:

1. Learn all you can about it.
2. Work with your doctor on a care plan.
3. Take your medications.
4. Aim for healthy habits.

*Source: National Institute of Diabetes and Digestive and Kidney Diseases ([www.niddk.nih.gov](http://www.niddk.nih.gov))*

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