



Chronic Obstructive Pulmonary Disease (COPD)

COPD can make breathing difficult. Your treatment plan may include medicines, inhalers, oxygen, breathing techniques, activity, and infection prevention.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Manage COPD Every Day

- Take medicines and inhalers exactly as prescribed. Ask your clinician or pharmacist to review your inhaler technique if needed.
- Pace activities and use breathing or energy-conservation techniques taught by your healthcare team.
- Avoid smoking and secondhand smoke. Reduce exposure to fumes, dust, and other known breathing triggers.

Oxygen Safety

- Use oxygen only at the flow rate and schedule prescribed for you.
- Keep oxygen away from smoking, flames, sparks, and heat sources, and follow all equipment-supplier safety instructions.

Watch for a Flare-Up

- Report worsening shortness of breath, increased coughing or wheezing, changes in mucus, fever, or reduced ability to complete usual activities.
- Follow your individualized COPD action plan if your provider has given you one.

Emergency Symptoms

- Call 911 for severe breathing difficulty, inability to speak because of breathlessness, confusion, fainting, blue/gray lips or skin, or another life-threatening change.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.