

Reducing the Risk of a COPD* Flare-Up

Make Healthy Lifestyle Choices

Avoid the things that make your symptoms worse.

- Don't smoke. Stay away from people who are smoking
- Avoid people who have a cold, a sore throat, or the flu
- Try to stay indoors when there are air pollution alerts
- During hot, humid weather, stay indoors in an air-conditioned room
- Don't breathe in fumes from perfume, paint, or cleaning products



Take an Active Role

There are other things you can do to help reduce your risk of flare-ups.

- Ask your healthcare practitioner (prak-tih-shun-er) about getting flu and pneumonia (noo-moan-ya) shots regularly
- Learn ways to relax and manage stress. You can try deep breathing exercises or yoga

Did you know?

Your healthcare practitioner can help you reduce your risk of a COPD flare-up. Be sure to talk about it at your next visit.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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