



How to manage your Chronic Obstructive Pulmonary Disease (COPD) symptoms

Symptoms: my normal symptoms

Action: I will continue to take my medication and inhalers as prescribed.

Symptoms: I am more breathless but have no fever and have no change in my sputum.

Action: I will take my reliever medication (my Salbutamol and spacer).

Symptoms: I am much more breathless despite taking my reliever medication and my sputum has changed (volume, colour).

Action: I will contact my GP/nurse/health professional as I may need antibiotics and steroids.

Symptoms: my breathing is much worse than normal despite treatment of antibiotics and steroids.

Action: if I have no improvement in a couple of days, I will contact with my GP/nurse/health professional.

Symptoms: I have chest pain or high fever.

Action: I will call 111 / 999 as appropriate.

For 24/7 advice and support from your community health team, call
0333 405 3000



Stay well in a heatwave

If you have a long-term lung condition like COPD, hot weather can cause your symptoms to flare up.

-  Check the weather, pollen and pollution forecasts before you go out.
-  Avoid the heat especially between 11am and 3pm. Cover up and use sun cream and a fan when you do go out.
-  Exercise sensibly and do your housework or gardening in the early morning or evening.
-  Keep your house cool by closing blinds & curtains and, if safe to do so, open your windows at night.
-  Stay hydrated and eat as normal.

Find more tips online at www.nhs.uk/heatwave

**For medical advice call 111 or for nursing support call your Luton community team on
0333 405 3000**