



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