

COPD

WARNING SIGNS & SYMPTOMS

To Do Daily

- ✓ Avoid smoke, fumes, triggers & cold dry air.
- ✓ Use air conditioning or a HEPA air cleaner.
- ✓ Exercise/eat to maintain a healthy weight.
- ✓ Take medicines/use oxygen as prescribed.

Your Goal

Normal appetite, activity level and sleep.
No change in symptoms.
Able to control symptoms with meds.

Call Doctor's Office

Symptoms are getting worse:

- harder time catching your breath
- more coughing
- tightness in chest
- change in mucus (amount or color)
- fever
- feeling more tired or sleeping poorly

You suspect a cold, flu or pneumonia.
Medicine/inhaler is not working.

Call 911 or go to ER

Fast and hard breathing.
A very fast or irregular heartbeat.
Chest pain that doesn't go away.
Confusion. Problems walking or talking.
Blue or gray lips or fingernails.



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