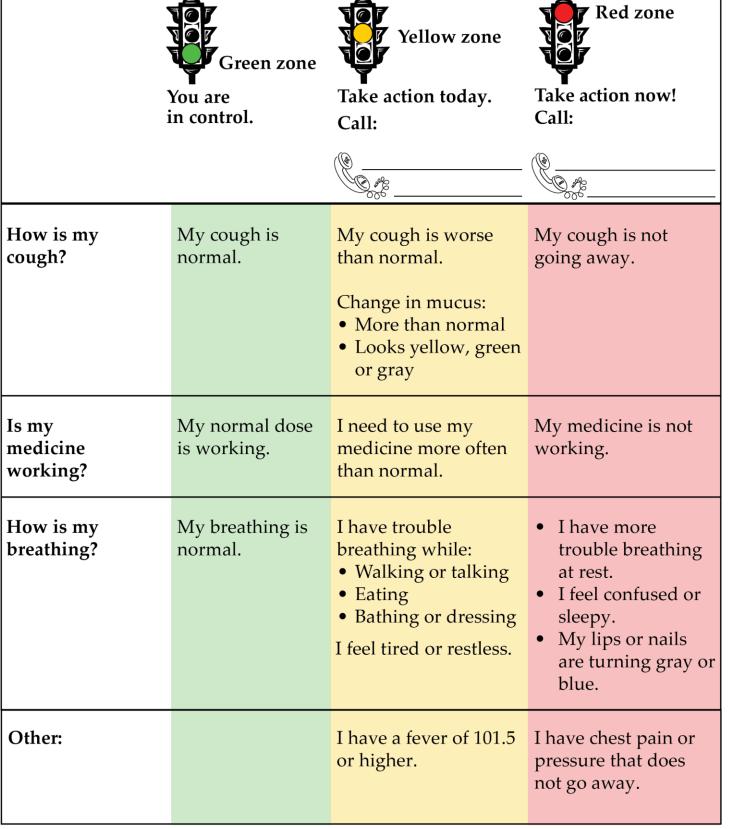
## **Controlling COPD at home**



How do I feel today?



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## My action plan for controlling COPD at home

## Things I can do: □ Ask "How do I feel today?" □ Stop smoking □ Take my medicine Use my inhaler, oxygen or breathing treatment □ Look for signs of infection: • Change in cough or mucus • More wheezing or trouble breathing • Trouble sleeping or feeling tired • Fever □ See my doctor □ Drink plenty of water At least 8 cups each day □ Get exercise each day ☐ Have a plan for getting help □ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.