

# LIVING WITH COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE)

## How am I feeling today?



eBrightHealth ACO  
an accountable care organization  
eBrightHealthACO.org

### My Primary Care Team Contact Information:

#### EVERY DAY I NEED TO

- ✓ Ask Myself “How do I feel today?”
- ✓ Take my medicine exactly as directed. Refill medicine at least 2-3 days before it will run out.
- ✓ Avoid smoking and cigarette smoke.
- ✓ If oxygen is prescribed, use it as directed.
- ✓ Continue my regular exercise and diet plan.
- ✓ Watch for signs of infection: fever, more mucus, more wheezing, trouble breathing or sleeping, feeling more tired from breathing harder.

#### A NORMAL DAY FOR ME

- ✓ My cough is normal for me.
- ✓ I have no extra mucus or phlegm.
- ✓ My normal dose of medicines including inhalers/ nebulizers is working to help me breathe easier.
- ✓ I can do my usual activities and exercise.
- ✓ I slept as I usually do.
- ✓ My appetite is normal.

#### A BAD DAY FOR ME

- ✓ I am more short of breath.
- ✓ I am coughing more than usual.
- ✓ I have a change in the color or amount of mucus I cough up.
- ✓ I need to use my quick-relief inhaler or nebulizer more often, or it is not helping.
- ✓ I have less energy.
- ✓ I have trouble sleeping because of my breathing or cough.
- ✓ I don't feel like eating as much as I usually do.
- ✓ I have a fever.



**If you have any of these symptoms, YOU NEED TO:**

- 1. Call your Primary Care Team today and tell them about your COPD symptoms.**
- 2. If you think your life is in danger CALL 911 or have someone take you to the nearest Emergency Department.**

#### A DAY WHEN I NEED HELP RIGHT AWAY

- ✓ I feel really short of breath, even while resting, and can not do my normal activities.
- ✓ My medicine is not working.
- ✓ I have a high fever.
- ✓ I feel confused.
- ✓ I am very tired or drowsy.



**For any of these symptoms, call your Primary Care Team RIGHT AWAY. If you think your life is in danger, CALL 911 or have someone take you to the nearest Emergency Department.**

