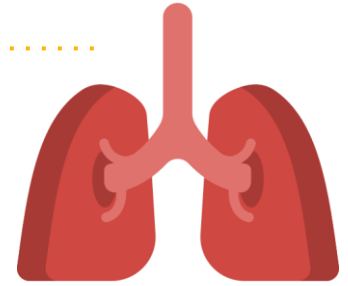


# Hello.....



## This is your plan to stay well.

You have **COPD**...now what ?

Now you should become an expert in your COPD.

Why?

Because during the year, the practice is only able to spend a handful of minutes to help you with your COPD.

The rest of the 8758 hours of the year, it's just **you**, and **your** COPD.

The more you do to take control of your COPD, the less it will control your life.

Visit the [blf.org.uk/support-for-you](http://blf.org.uk/support-for-you) website, and learn more.

# What next ?



The best thing for your breathing is to quit smoking. This is better than any medicine in the world.

The second best thing, is seeing a specialist in a lung rehabilitation clinic. WE can refer you.

Take your medication. Half of people who are prescribed medication, decide not to take it. This means they are able to do less during their day.

Every year we will contact you for a review of your COPD to make your breathing as good as it can be.

If you think you have a chest infection, contact us.

Get vaccinated with your flu and pneumonia jabs, to prevent a bad chest infection.

## Did you know

Keeping a sputum sample pot at home can help check if you have an infection