

## Toolkit for Decreasing the Risk of COPD Exacerbations

### Living with Chronic Lung Disease

Each person's COPD symptoms and treatment options are different. You and your healthcare team should work together to create a plan that works best for you. Your treatment plan will help you control your symptoms and know what to do if your COPD gets worse. This toolkit is meant to complement the plan you develop with your healthcare team.

### Taking Control

There are some steps that you can take to help manage your COPD with a goal of having the best health outcomes. This toolkit is intended to provide you with three "tools" that are action-oriented to help you develop the skills you need to assist you in having the best quality of life.



#### Tool #1: Staying Active

Regular activity is part of a healthy lifestyle, even if you have a chronic lung disease like COPD. You might feel like it is not safe, or even possible to stay active, but the right amount and type of exercise has many benefits. Be sure to ask your healthcare provider before you start or make changes to your exercise routine. This tool has three parts.

- [Staying Active with Tai Chi webinar](#)
- [10 Ways To Keep Moving](#)
- [Benefits of Tai Chi blog](#)



#### Tool #2: Improving Your Healthcare Journey

Taking step to improve your healthcare journey is important. This tool explores correct medication device use, techniques for strengthening your lungs, airway clearing techniques and having a team approach to your disease.

- [Improving Your Healthcare Journey webinar](#)



#### Tool #3: Air Quality Tips

Indoor and outdoor air can impact your health, both in the short and long term. That is why it is important to take the necessary steps to do what you can to improve your air quality and protect yourself from unhealthy air.

- [Protecting Yourself from Air Pollution](#)

For more information, contact  
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