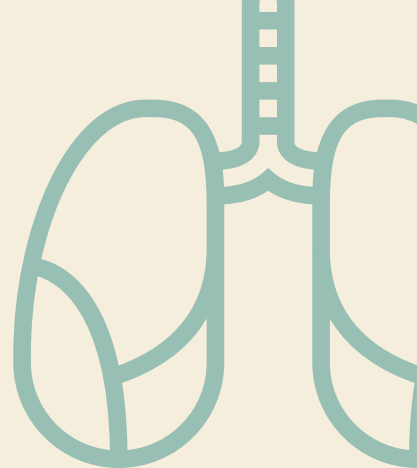


WHAT IS COPD?



COPD is the name for a group of diseases that **restrict air flow** and cause **trouble breathing**. COPD includes emphysema and chronic bronchitis.

COMMON RISK FACTORS

- Tobacco smoke
- Dust and fumes from certain workplace environments
- Genetics
- Asthma and other lung diseases

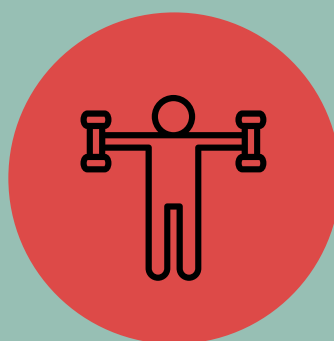


WHAT ARE THE SIGNS OF COPD?

- Chronic cough
- Coughing up of mucus
- Wheezing
- Trouble breathing

EXERCISE IS ONE OF THE MAIN WAYS TO TREAT COPD.

Weight lifting, running, walking, cycling or swimming for 30 min 3x a week can improve your energy levels to be able to do more activities without trouble breathing.



SMOKING CESSATION

Smoking is one of the greatest risk factors leading to COPD and chronic inflammation. Talk to your local healthcare provider or pharmacist to see how you can quit smoking.

BE SURE TO CONTINUE YOUR COPD MEDICATIONS

Taking COPD medications daily are essential to keeping COPD symptoms under control. If you notice signs of increased **coughing, wheezing,** or **shortness of breath,** you may be experiencing a flare up of COPD.



HAVING COPD IS KNOWN TO INCREASE YOUR RISK OF SEVERE ILLNESS FROM COVID-19

Here's how to take steps to protect yourself from COVID-19:

- Keep taking your **current medications** and make sure to have at least a 30 day supply in case of emergencies.
- Avoid **triggers** that could make your symptoms worse.
- Get your **COVID-19 vaccine** where available in your county.

WANT TO LEARN MORE ABOUT THE COVID-19 VACCINES?



SCAN ME

COVID-19 VACCINE
& DISEASE STATE
INFOGRAPHICS

[HTTPS://TINYURL.COM/AMCPHEALTHHELPER](https://tinyurl.com/AMCPHEALTHHELPER)

OR TEXT "Y" TO
402-732-2672
402-REC-AMCP