

5 Tips

To Prevent COPD Exacerbation

1



Help with Handwashing

Infection is the most common cause of COPD exacerbation. Assisting residents with hand hygiene can decrease chance of spreading infections.

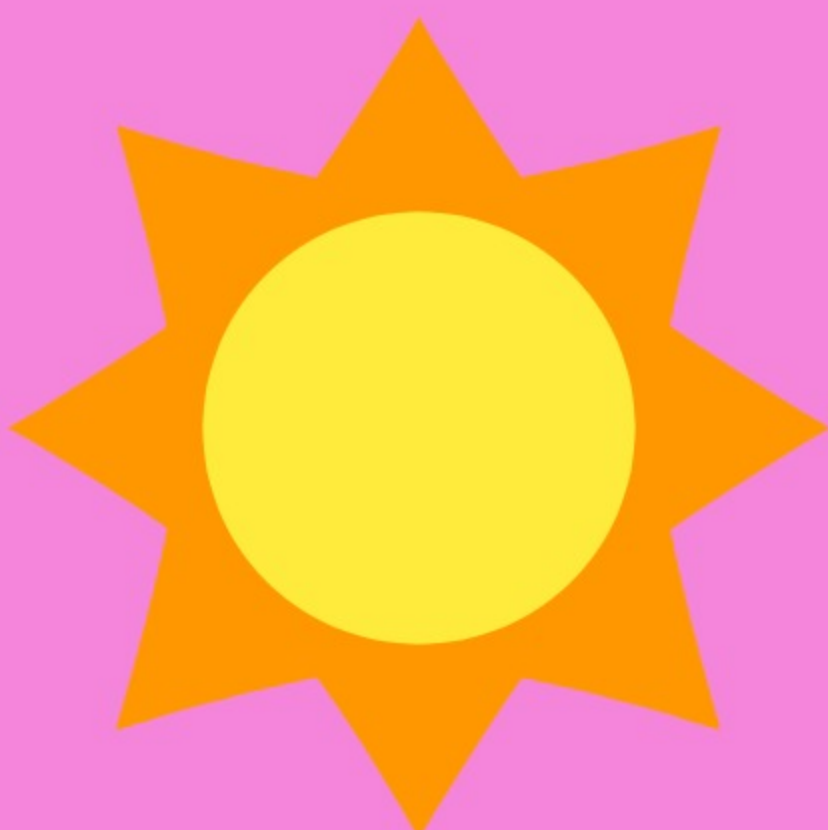
2



Keep them Covered

Extreme cold (below freezing) can make it difficult for residents to breathe. Covering their mouths with a scarf or mask helps to humidify the air and make it easier to breathe.

3



Keep them Cool

Increased humidity in the air can trigger an exacerbation of COPD. Encourage residents with COPD to go outside during low humidity times.

4



Avoid Strong Fumes

Strong odors such as cleaning supplies and perfumes can trigger an exacerbation of COPD. Assist resident to move to another area during times when their area is being cleaned.

5



Stay Away from Smoke

Secondhand smoke can a COPD exacerbation. Instruct resident to avoid areas where smoking is occurring.