

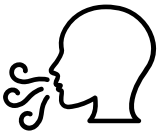
# COPD

Chronic obstructive pulmonary disease

## Do's



Take your  
medications as  
prescribed



Practice breathing  
exercises daily



Stay Active



Avoid smoke, dust,  
and strong odors

## Don'ts



Don't Skip your  
medications



Don't ignore  
warning signs



Don't Overexert  
Yourself



Don't wait too long  
to seek help