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# Understanding and Living With COPD

(Chronic Obstructive Pulmonary Disease)



**Take control and manage your symptoms  
to help you live well with COPD**



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*Note: This information is provided to you as an educational service of Riverside Healthcare. It is not meant as a substitute for your own doctor.*

## WHAT IS COPD?

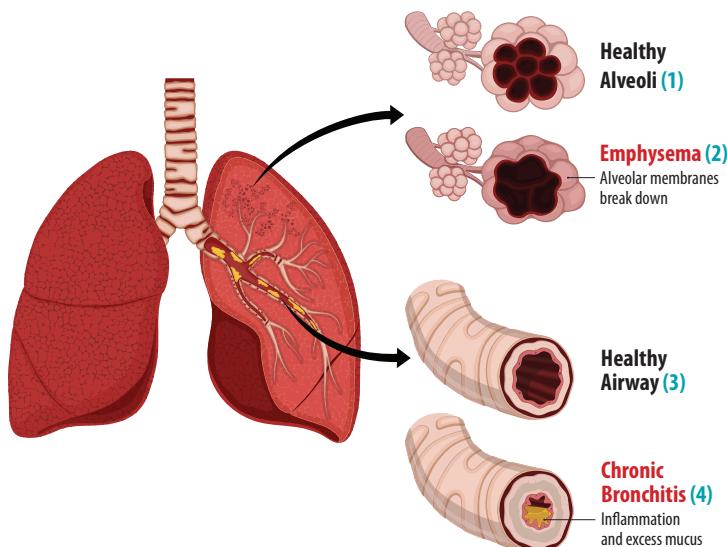
Chronic obstructive pulmonary disease (COPD) affects more than 24 million people in the United States. "Chronic" means long term, "obstructive" means it is hard to get air in and out of the lungs. The most familiar diseases in this group are emphysema and chronic bronchitis. A person with COPD may have either emphysema or chronic bronchitis, but many have both. Some people with COPD may also have asthma.

In COPD, the air sacs, also call alveoli and the airways have been damaged in COPD, most often by inhaled cigarette smoke or agents in the environment. In the healthy lung the air sacs or alveoli look like a bunch of grapes (1). In emphysema the walls of the alveoli are partially destroyed (2). This results in a smaller total number of alveoli in the lungs. Fewer air sacs mean that the lungs are not able to transfer oxygen into the bloodstream as well. The airways may also narrow.

In a healthy airway (3), air moves in and out of the middle of the airway. In chronic bronchitis (4), the airway walls are swollen and produce more mucus, causing a chronic productive cough. Chronic bronchitis is often caused by cigarette smoking.

The earliest symptom of COPD is shortness of breath with strenuous activity. Many people do not realize this and may simply reduce the amount of activity they do (walking instead of running). Later symptoms with COPD include shortness of breath with lesser activity.

A person with COPD may also have heart disease, generalized muscle weakness, osteoporosis, depression and other medical problems. They may be at higher risk for lung cancer. Your health care provider will evaluate these problems as part of managing your COPD.





## HEALTHY LIFESTYLE

### Exercise

An exercise program is another very important step in managing COPD. It is common for people with lung disease to limit physical activities because they are afraid of becoming short of breath. But regular exercise strengthens your heart, lungs and muscles, and it can help you breathe easier and feel better. Many people with COPD enjoy walking, water aerobics or riding a stationary bike. Think of a lifelong activity you enjoy.

### Medication to Help You Exercise

People with COPD often use inhaled short-acting bronchodilators before exercise to decrease shortness of breath. Some people with COPD need oxygen therapy while exercising. Portable oxygen units are available.

### Getting Started

Before starting an exercise program, talk to your doctor about your plan to be sure that it is safe. Then, start with slow, small steps rather than attempting a quick "lifestyle overhaul." Changing lifelong patterns is a gradual process. Succeeding in many little steps can be encouraging, where failing at a quick major change is definitely discouraging.

### Exercise Tips

- While exercising, remember to inhale (breathe in) before starting the exercise.
- Exhale (breathe out) through the most difficult part of the exercise.
- Purse your lips while breathing.
- Don't hold your breath while exercising.
- Count out loud as you do the exercises.



**Regular exercise helps you improve your overall fitness by improving your heart and muscle function.**

People with COPD can benefit from a formal rehabilitation program. Most pulmonary rehabilitation programs will include medical and nursing management, exercise, breathing retraining, education, emotional support and nutrition counselling.

Riverside HealthCare Pulmonary Rehabilitation program addresses the needs of each person and tailors the treatment to meet those needs.

### Giving Up Smoking

Giving up smoking is the single most important thing you can do to help control your disease and prevent further damage to your lungs. When you quit smoking, your breathing and response to your medicines may noticeably improve. Even if you have smoked many years, you will benefit from quitting. Don't be discouraged if you have tried to quit, one time or many times, in the past. More services and quitting aids are now available to help you quit and remain smoke free.

### Steps to Help You Quit Smoking

- Make a firm commitment to quit. Start thinking of yourself as someone who doesn't smoke.
- Talk to your health care provider about quitting and a plan to help you quit. Your provider can discuss the use of medicines to help you give up smoking.
- Consider joining in a program that provides guidance and support for learning to live without cigarettes. Every state offers free telephone counseling through the Quitline. In Illinois, the Quitline number is 1-866-QUIT-YES, or 1-866-784-8937. In addition, there are many online and face to face group quit smoking programs which are routinely offered by Riverside.
- Once you stop smoking it is important to avoid being around tobacco smoke. This will help decrease irritation to your lungs. Also, a smoke free environment is healthier for everyone.
- Talk with family members about avoiding tobacco smoke.
- Encourage family members and friends who smoke to quit. If they are not ready to quit, ask them not to smoke in your home or car.





## Healthy Eating

Eating a balanced diet and maintaining a healthy weight are important parts of managing COPD. While it can be difficult to focus on this aspect of your life, eating well plays a big role in feeling good and staying healthy.

If you are underweight, focus on gaining weight. The average person requires approximately 50 calories per day for breathing.

Individuals with COPD may expend 750 calories per day on breathing alone. This increases daily calorie requirements making it difficult to maintain weight.

If you are overweight, focus on losing weight. There are many benefits of weight loss, including reducing shortness of breath by decreasing pressure on the diaphragm and respiratory muscles. A good weight loss program should include a variety of foods and physical activity.

## Rest

Rest is important. Make sure you get enough sleep each night. Some people need a nap or rest during the day also. If you are having trouble sleeping, talk with your health care provider.



## TREATMENT OF COPD

In addition to a healthy lifestyle COPD management includes:

- Avoiding infections
- Medications
- Oxygen therapy
- Breathing retraining
- Techniques to bring up mucus
- Lung volume reduction surgery



## Avoiding Infections

People with COPD have an increased risk of lung infections. There are a number of measures that can help avoid infections.

- Vaccines are recommended. The influenza or flu vaccine is recommended yearly, often in the fall. The pneumonia vaccines are recommended. These vaccines help prevent lung infections. Talk to your provider if you are interested or need to update your vaccines.
- Good handwashing with soap and water is also very important to help prevent the spread of germs and infections. Alcohol based gels are also effective.
- Avoid touching your eyes, nose and mouth. Germs are often spread this way.
- Avoid contact with others when they are sick.

## Medications

Your doctor may prescribe medicine to control the symptoms of chronic obstructive pulmonary disease (COPD). Most people with COPD take long-acting medicine every day to help open the airway and reduce inflammation. In addition, short-acting medicine is used on an only-when-needed basis to treat sudden increase in shortness of breath sensation. For many, a combination of medicine is prescribed.

The types of medication often prescribed for people with COPD are:

- Bronchodilators
- Combination bronchodilators and anti-inflammatories
- Other COPD medications

## Bronchodilator Medication for COPD

Bronchodilators help open the airways in the lungs by relaxing smooth muscle around the airways. Bronchodilator medications can be short or long acting. There are different types of short or long acting bronchodilators that work in different ways.

### **Short-Acting Bronchodilators (short-acting beta agonists, SABA and short-acting muscarinic antagonists, SAMA)**

These medications work quickly (within 15-20 minutes) to help decrease shortness of breath. Your doctor may prescribe these as-needed to decrease shortness of breath. They may also be prescribed to take prior to exercising.

### **Long-Acting Bronchodilators**

These medications are gradually released over a period of time. Long-acting bronchodilators are used regularly to open the airways and keep them open. Long-acting beta agonists can be either LABAs (long-acting beta-agonists) or LAMAs (long-acting muscarinic antagonists). These medications can sometimes be combined in one inhaled device.

### **Anti-Inflammatories**

These medications are used regularly to help reduce airway inflammation and improve breathing.

Anti-inflammatories can also help reduce mucus production and decrease sensitivity to irritants and allergens. Anti-inflammatories can also be known as corticosteroids.

### **Combination Long-acting Bronchodilator and Anti-inflammatory Medications for COPD**

These combination medications combine a LABA and anti-inflammatory medication (ICS). Anti-inflammatory medication helps reduce and prevent inflammation inside the airways. Remember to rinse your mouth and use a spacer (if using a metered-dose inhaler) after inhaling these combination medicines. The inhaled steroid contained in these medicines can cause thrush. Thrush, a possible side effect, is a yeast infection causing white patches in the back of the throat.

### **Other COPD Medications**

**Daliresp® (roflumilast)** – This is for people who have moderate to severe COPD and a history of exacerbations (flare-ups) to help decrease the frequency of exacerbations.

**Steroid Pills** – Steroid pills are used when you have an exacerbation or flare-up and your symptoms are getting worse. Long-term use of steroid pills can result in serious side effects and are not recommended to treat COPD long-term.

**Antibiotics for COPD** – A bacterial infection can cause worsening of the symptoms of chronic obstructive pulmonary disease (COPD). Antibiotics help fight bacterial infections that can occur with COPD. Antibiotics may be used to treat and/or prevent an exacerbation or flare-up.

**Theophylline** – Theophylline is a pill that may be used to every day to help shortness of breath by relaxing smooth muscle around the airways and reducing the response to triggers.

### **Devices for Inhaled Medications**

Inhaled medications are often used to treat people with COPD. Inhaled methods deliver medication directly to the airways, which is useful for people with lung disease. Aerosol devices for inhaled medication may include:

- Metered-dose inhaler with spacer
- Dry powder inhaler
- Soft mist inhaler
- Nebulizer

#### **Metered-dose inhaler with a spacer (AeroChamber®, Vortex®)**

– It is crucial that you use the inhaled medication correctly to get the full dosage and benefit from the medication. It is often hard to use a metered-dose inhaler correctly. A spacer is a device which can be attached to the metered-dose inhaler. A spacer helps deliver the medication to the airways of the lungs, instead of the mouth. This helps the medication work better.

**Dry powder inhaler** – The dry powder inhalers consist of a plastic device used to inhale powdered medication. The dry powder inhalers are breath activated. This means when you inhale, the device automatically releases the medication.

**Soft mist inhaler** – A soft mist inhaler consists of a plastic device containing medication. The medication is released as a slow-moving soft mist.

**Nebulizer** – A nebulizer delivery system consists of a nebulizer (small plastic bowl with a screw-top lid) and a source for compressed air. The air flow to the nebulizer changes the medication solution to a mist that is inhaled.

**Dosage indicator** – Many devices have a dosage indicator that helps you identify when it is out of medicine. Plan ahead to get the amount of medicine you need from the pharmacy.



Your health care provider may have you demonstrate inhaler technique each visit to make sure it's done correctly. Whichever device you use, talk with your health care provider about:

- how to use the device
- how to clean the device
- how to tell when the device is empty.

## Proper Inhaler Technique

### Metered-Dose Inhaler (MDI)

1. Shake the inhaler for 5 seconds and remove the cap. This should be done with every use, especially when the inhaler is new or hasn't been used in a while.
2. Sit up straight and keep your chin up.
3. Breathe out through your mouth.
4. Place the inhaler in your mouth and close your lips tightly around the mouthpiece.
5. Start to breathe in and almost immediately spray 1 puff by pressing down on the inhaler. Continue to breathe in (approximately 5 seconds total).
6. Hold your breath for a count of 10. You can keep the mouthpiece of the inhaler in your mouth if you choose to keep medication from escaping your mouth. This allows the medication to reach the deeper airways.
7. Breathe out slowly.
8. If a second dose is needed, wait 20-30 seconds before taking the next puff. This allows your lungs to rest before taking another puff.

### Using MDIs with Spacers

1. Remove the caps from the inhaler and spacer. Be sure to shake the inhaler if it is new or hasn't been used in a while.
2. Sit up straight and keep your chin up.
3. Breathe out normally.
4. Put the spacer between your teeth and close your lips tightly around the mouthpiece.
5. Spray one puff in to the spacer by pressing down on the inhaler.
6. Breathe in slowly through your mouth as deeply as you can. This should take 3-5 seconds. You may hear a whistling sound from the spacer if you are breathing in too fast.
7. Hold your breath for a count of 10. You can keep the mouthpiece of the spacer in your mouth if you choose to keep medication from escaping your mouth. This allows the medication to reach the deeper airways.
8. Breathe out slowly.

### Dry-Powder Inhalers (DPIs)

1. Follow the instructions that come with your inhaler to load the prescribed dose.
2. Sit up straight and keep your chin up.
3. Breathe out normally while holding the inhaler away from your mouth.
4. Place the mouthpiece between your lips.
5. Breathe in quickly and deeply through the inhaler – not your nose. You may not feel or taste the medication as you breathe in. This is normal.
6. Take the mouthpiece out of your mouth.
7. Hold your breath for a count of 10.
8. Breathe out slowly away from the inhaler.
9. Moisture from your breath can make the powder stick inside the inhaler. Be sure to close the inhaler and store it in a dry place.

### Soft Mist Inhalers (SMIs)

1. When using a new inhaler, or if it hasn't been used for a while, it is important to prime it to make sure you get the correct dose of medication each time. Follow the directions that come with the medication to do so.
2. Hold the inhaler upright.
3. Turn clear base in the direction of the arrows for a half turn until it clicks.
4. Flip cap until it's fully open.
5. Sit up straight and keep your chin up.
6. Hold inhaler away from your mouth and gently breathe out.
7. Seal lips around the mouthpiece without covering air vents.
8. Point inhaler to the back of your throat.
9. While inhaling slowly and deeply through your mouth, press the dose release button.
10. Continue to breathe in slowly and deeply. Hold your breath for up to 10 seconds to allow medication to reach your lower airways.
11. Breathe out slowly and away from the inhaler.

## Helpful Hints for Remembering Your Medication

It can be difficult to remember your medication every day. Here are some helpful hints for remembering your medication.

- Use a daily routine for taking your medication. Pick something you do every day and take your medication around that activity. Many people take medication around meal time, brushing teeth or going to bed.
- Use a checklist to record when you take your medication. Place the checklist someplace visible to use as a reminder.
- Pack your medications in pill boxes to help you remember to take them.

Remember, there is no “best” medication regimen. Your medication is prescribed based on your symptoms and needs. Monitoring your COPD and working with your health care provider is the best way to ensure that your medication is right for you. Ask your health care provider if you have any questions or are concerned about your medication.

## Is My Medication Helping

How can you work with your health care provider to see if your medication is helping?

The medication you are taking for COPD doesn’t totally take away the shortness of breath you often feel, but you should feel better. There are changes to watch for. Changes you may notice when the medication is helping include:

- You can do the same activities easier and with less shortness of breath,
- You are able to walk more and be more active,
- You can do more chores and activities around the house,
- You don’t tire as easily,
- You feel less short of breath.

Watch for these changes as your medications are adjusted. When you visit your health care provider, discuss any changes with him or her.

## Oxygen Therapy

Some people with COPD may need oxygen therapy. Oxygen therapy is used to ensure there is enough oxygen in the blood to provide for the body’s needs.

It is sometimes difficult for you to know when oxygen therapy is required. Not all who have low oxygen levels experience symptoms. Symptoms of low oxygen level can include: shortness of breath, irritability, trouble with thinking, memory problems, morning headaches, fatigue or ankle swelling. If

you notice any of these symptoms, talk with your health care provider. It is also possible your oxygen level is low and you will have no symptoms at all.

## Testing the Oxygen Level

Your oxygen level can be tested to determine if oxygen is required. Two methods to test the oxygen level in the blood are pulse oximetry (at home) and arterial blood gas (blood draw). Your oxygen level can be measured at rest, with activity and while sleeping. You may need different amounts of oxygen during rest and exercise.

When the tests determine that oxygen is needed, your health care provider will write a prescription for oxygen. It is important to use your oxygen as prescribed to help control your symptoms and better your health. You will also feel better using oxygen and have more stamina.

Some people will need oxygen all the time, twenty-four hours a day. While others will only need oxygen with activity or while sleeping.

## There are three systems that can supply oxygen:

- Concentrators
- Compressed gas (tanks)
- Liquid systems

Each system has advantages and disadvantages. You will receive an explanation and demonstration of the system you choose from your supply company. Your health care provider or oxygen supply company can assist you if you have questions.

## Concerns with Oxygen

You may be concerned about how oxygen therapy may change your lifestyle, how oxygen affects your body and whether oxygen therapy is safe. You may worry that oxygen treatment will prevent you from leaving your home, but many convenient portable systems are available. In fact, oxygen therapy allows you to be more active by providing the oxygen that your body needs. Many people travel while using oxygen. Advance planning is important when traveling with oxygen.

Oxygen therapy is very safe. Oxygen therapy does not cause any harm to your lungs or your body, if used as prescribed. You will not develop an addiction to oxygen. Talk with your health care provider if you have specific safety concerns.

Information about oxygen therapy may be available in your community from your health care provider, your oxygen supply company and a support group of other people using oxygen.

## Breathing Retraining

Retraining your breathing will help you move air in and out of your lungs more effectively. It is helpful to use breathing techniques with exercise to minimize shortness of breath and assure adequate oxygen to your working muscles. Breathing retraining has the added benefit of helping you relax when you are anxious or stressed. Two types of breathing techniques are pursed lip breathing and coordinated breathing with exercise.

### Pursed Lip Breathing

The purpose of pursed lip breathing is to help keep your airways open. This helps your airways to remain open. Pursed lip breathing also slows down your breathing rate and helps you relax.

Here are the steps for pursed lip breathing:

- Inhale slowly through your nose with your mouth closed; try to take in a normal amount of air.
- Exhale slowly through your mouth with your lips in the whistling or kissing position.
- Breathe out for twice as long as you breathe in. Do not take in a large deep breath. Never try to force out the air.



Pursed lip breathing inhale



Pursed lip breathing exhale

### Coordinated Breathing

The purpose of coordinated breathing is to help assure adequate oxygen to your working muscles and to prevent you from holding your breath.

Here are the steps for coordinated breathing.

- Inhale through your nose before starting the exercise or activity.
- Exhale through pursed lips, during the most exerting part of the exercise or activity.

If coordinating your breathing with exercise is difficult, as you perform the movement, count out loud. This helps prevent you

from holding your breath. If you become very short of breath, stop the exercise, use pursed lip breathing to help control your breathing, then start exercising again. Practice these breathing techniques daily. When you feel short of breath, anxious or just wound up, use these breathing techniques.

## Techniques to Bring Up Mucus

People with chronic bronchitis often produce a large amount of mucus. If the mucus is allowed to collect in the airways, breathing may become difficult and infection may occur. Techniques to remove mucus may be recommended to help you cough up the mucus.

Common techniques used to help remove mucus include deep coughing and huff coughing.

### Deep Coughing

- Take a deep breath.
- Hold your breath for 2-3 seconds.
- Use your stomach muscles to forcefully expel the air.

Avoid a hacking cough or merely clearing the throat. A deep cough is less tiring and more effective in clearing mucus out of the lungs.

**Huff coughing** is an alternative to deep coughing if you have trouble clearing your mucus.

- Take a breath that is slightly deeper than normal.
- Use your stomach muscles to make a series of 3 rapid exhalations with the airway open, making a "ha, ha, ha" sound.
- Follow this by controlled breathing and a deep cough if you feel mucus moving. Other techniques to help remove mucus include:
- Medications can be used to help loosen the mucus.
- Devices such as Aerobika® and Acapella® help loosen the mucus. These are small devices you exhale into.

- Postural drainage, chest percussion and vibration (manual, vests) promote drainage of mucus from the lungs.



Each technique can be ordered and demonstrated by your health care provider.

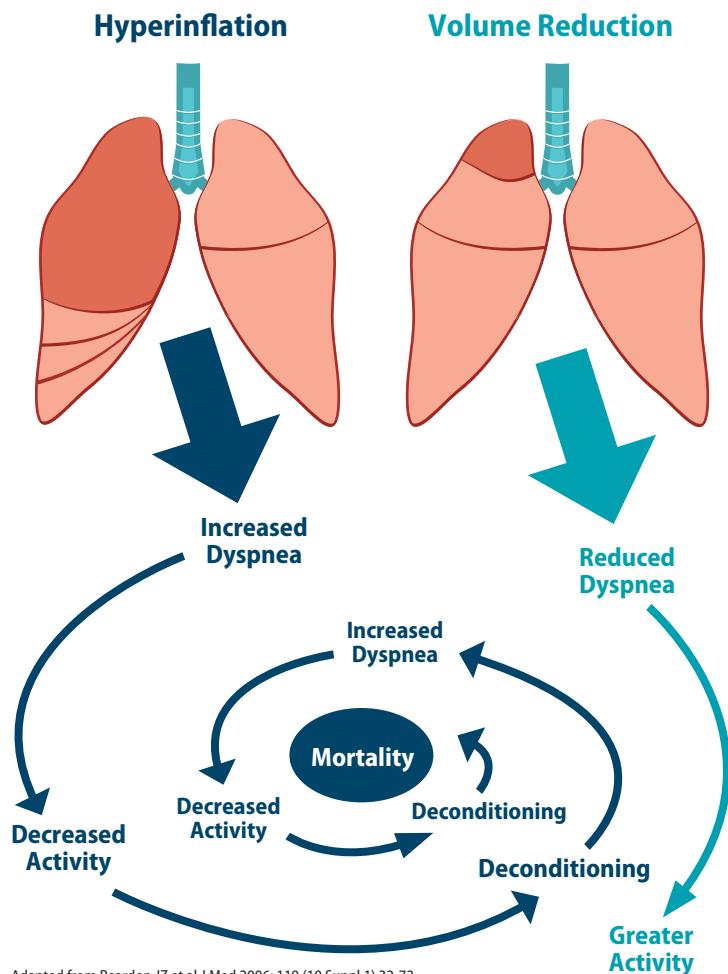
## Lung Volume Reduction Surgery

Lung volume reduction surgery (LVRS) is considered for people who are found to have moderate to severe emphysema on a chest CT scan. There are often portions of the lung tissue that are more diseased than other portions. LVRS removes up to 20 to 30 percent of the most diseased tissue from the lungs at one time. Removing some of the emphysema helps the healthier areas of the lungs and muscles to function better. People often are able to exercise more and feel less short of breath following lung volume reduction surgery. Other benefits of LVRS include improved quality of life and a longer life.

Testing can help your health care provider determine whether LVRS may be beneficial for you. Most people who are considering LVRS are referred to a pulmonary specialist. Not all medical centers can perform LVRS.

If LVRS is considered, in addition to the above a person must:

- have quit smoking for at least 6 months
- participate in a pulmonary rehabilitation program before and after the surgery



## COPD ACTION PLAN

Sometimes it is hard to know what to do when your symptoms change or worsen. Do you call your doctor, go to the emergency room? Your health care provider can tell you what you can do when this happens. This is an Action Plan. Knowing when your symptoms are getting worse can help you and your health care provider decide what you should do in your home, at your health care provider's office or in the emergency room.

A change or increase in the symptoms you usually have may be the only early warning sign. When your symptoms are getting worse, you may notice one or more of the following:

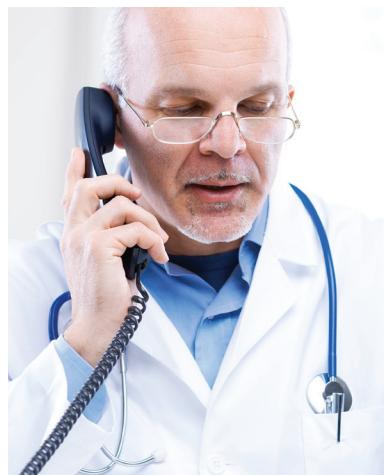
- A change in the mucus, and/or mucus turns yellow or green
- An increase in shortness of breath, coughing or wheezing
- A fever
- A general feeling of ill health
- Trouble sleeping
- Feeling of lack of energy or fatigue
- Morning headaches



Symptoms do not go away when they are ignored. Therefore, call your health care provider if you have a change in symptoms, especially if they continue.

Severe symptoms may be a life-threatening emergency. Have an action plan for getting emergency care quickly if you have severe symptoms.

The COPD Management Guide can be found in the back of this booklet. Talk with family members and those close to you about your action plan.



## Advance Directives

As part of the action plan, talk with your health care provider and family about treatment if you become seriously ill and are unable to express your wishes. Written legal documents expressing your wishes are called Advance Directives.

## LIVING WITH COPD

Living with COPD is a unique and special challenge that you and your family must deal with on a daily basis. But the more you know about COPD, the better suited you are in managing the various aspects of your dis-ease. As you take control, your quality of life will improve.

Support groups can provide an important social outlet for people with COPD and their families. The meetings often provide education, discussions about a variety of health topics and social outings.

Sometimes COPD can put a strain on responsibilities or relationships you may have. COPD can impact your family, career and your finances. If COPD is causing any problems be sure to talk with someone. Your health care provider can help you find an expert to talk with.

This book has taught you about many aspects of managing your COPD. All of these can help you. Be sure to talk with your health care provider if you have questions or concerns after reading this book. Your health care provider is your partner in managing your COPD.

### Remember Your Goals for Managing Your COPD

- Decreasing shortness of breath
- Reducing exacerbations or flare-ups
- Becoming more active
- Decreasing anxiety or stress
- Improving mood
- Accepting new health status
- Learning about COPD

### Questions to Ask My Health Care Team

If you have thought of questions to ask your health care provider after reading this book, write them down. Ask your health care provider at your next appointment.

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## PULMONARY REHABILITATION

### WHO?

Riverside Medical Center's Outpatient Pulmonary Rehabilitation program is a comprehensive program that specializes in the rehabilitation of adults with chronic lung diseases who desire to control and/or alleviate, to the extent possible, symptoms of respiratory impairment.

The program is designed to help patients with chronic lung diseases to improve endurance, and to reach maximum potential in independence and self-care. Staff will provide education on lung disease, assist in exercise therapy and work on individual coping strategies. By participating in the program, individuals can work on achieving their personal goals, increasing exercise capacity, improving endurance and quality of life.

### WHAT?

Individuals who attend pulmonary rehabilitation receive an initial evaluation prior to starting the program. The program consists of exercise sessions that last for approximately 1 hour, along with additional time allotted for group and individual education.

### WHERE?

The facilities are located on the 4th floor of the 500 N. Wall Street building, attached to Riverside Medical Center. Stationary, recumbent and airdyne bicycles, treadmills, arm ergometers, nu-step machines, hand weights and an elliptical machine are used for the exercise portion of the program. Riverside will provide oxygen for individual use during the exercise session.

### STAFF:

The Cardiopulmonary Rehabilitation Department is staffed by specially trained cardiac nurses and technicians who are ACLS (Advanced Cardiac Life Support) certified. The professional team keeps your pulmonologist and/or attending physician informed of your progress during the program.

### HOW?

Your pulmonologist or attending physician must order the program. Please contact your physician if you are interested in attending. You can contact our department at (815) 935-3271 for financial information. We look forward to serving you.

# COPD MANAGEMENT GUIDE

## Green Zone: ALL CLEAR

- Usual activity and exercise level
- Usual amounts of cough and phlegm/mucus
- Sleeping well at night
- Appetite is good
- Symptoms are under control



## Actions

- Continue taking all medications and using oxygen as prescribed
- Avoid cigarette smoke or other inhaled irritants
- Keep all doctor appointments

## Yellow Zone: CAUTION

- Increased shortness of breath
- Coughing more than usual
- Sleeping poorly or just feel more tired
- Increased or thicker phlegm/mucus
- Change in color of phlegm/mucus
- Loss of appetite
- Medications: not working/all out/need refill
- Using inhaler/nebulizer more often
- Feel the need to increase Oxygen flow



## Actions

- Continue medications and oxygen as prescribed
- Increase use of quick relief inhaler and/or nebulizer as instructed
- Conserve energy
- Use pursed lip breathing
- Call your doctor, nurse or home care nurse if one or more of these problems are present

Phone Numbers:

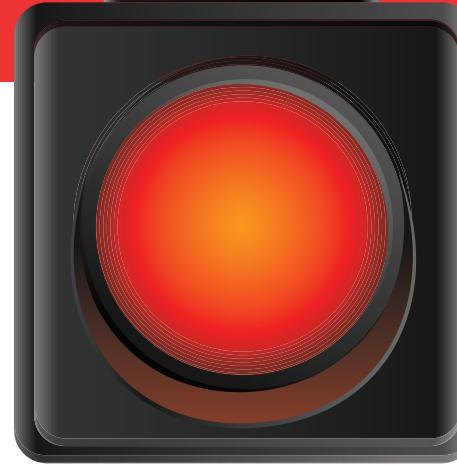
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## Red Zone: MEDICAL ALERT

- Severe shortness of breath even at rest
- Unable to do any activity because of breathing
- Not able to sleep because of breathing
- Fever, chills, or feel extremely warm (when no one else does)
- Feel confused or very drowsy
- Coughing up blood
- Lips or fingernails turn blue or gray (change from normal)



## Actions

CALL YOUR DOCTOR RIGHT AWAY

Doctor:

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Number:

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If you have not reached your doctor in \_\_\_\_\_ minutes, call 911