

COPD Exacerbation

Triggers and Tips to Avoid Them

001.



Extreme Temperatures

Very cold and dry or hot air
Temperatures below freezing or above 90 degrees

Tips

Cover mouth and nose in cold weather
Keep air humidified
Avoid outdoors in extreme weather

002.

Indoor/Outdoor Air Pollution

Indoor: smoking, dust, perfume, mold
Outdoor: pollen, smog

Remove resident from area while being cleaned
Avoid smoking areas
Go outdoor at low smog times

Tips



003.



Lung Infections

Common cold or Flu
Pneumonia

Tips

Encourage flu shot
Good hand hygiene
Keep resident hydrated