

Signs may include:

- ⇒ I cannot speak a full sentence without stopping for breath
- ⇒ I have chest pain or feel drowsy
- ⇒ I have tried everything that normally works but do not feel better

What to do when my breathing is MUCH WORSE than normal

How to help me?

- ⇒ Call **999** for an ambulance
- 1. Give me **2** puffs of my reliever inhaler (usually blue), **1** puff at a time, every **2** minutes – I can take up to **10** puffs
- 2. Get me to sit up, lean forward and take slow steady breaths
- 3. Keep calm
- ⇒ **Repeat steps 1-3 every 10 minutes until an ambulance has arrived**

MISSION[™]
TAKING CONTROL OF COPD