

Take Control of Your COPD*



Fight the Flu

Talk to your healthcare practitioner (prak-tih-shun-er) about avoiding the flu and pneumonia (noo-moan-ya). Ask if a flu shot is right for you.

- Try to get the flu shot in October or November, before flu season starts
- Visit the American Lung Association online at www.flucliniclocator.org to find a flu shot clinic near you
- The people you live with should get a flu shot too; then they won't increase your chance of getting the flu



Stay Healthy

- During cold weather, cover your mouth with a scarf and breathe through your nose
- Try to avoid people who may have a cold, sore throat, flu or pneumonia

Did you know?

It may be a good idea to get a pneumonia shot, too. Check with your healthcare practitioner about when you should get it. Sometimes, you may need to get a second shot too.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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