



Top tips to manage your COPD & stay well this winter

1. **Take your medication** as prescribed by your doctor or nurse & try to reorder supplies in good time.
2. **Avoid viruses and infections** by washing your hands frequently and being in places with good air flow. Avoid contact with family / friends if they are unwell.
3. **Have your winter vaccinations**, such as flu & covid and make sure that you have had the pneumonia injection which is only needed once. If 75 years or older please also have your 'RSV' vaccine. As the weather gets colder, respiratory viruses start to circulate. It's important to top up your protection against these viruses.
4. **Keep yourself and the room you spend time in warm** – wrap up with layers of clothes when outside
5. **If your house is damp or mouldy**, this could be triggering your condition. Your local council may be able to provide housing support if needed.
6. **Keeping active** – short walks, local classes and chair-based exercises are a great way to keep active in the winter months. Asthma and Lung UK website have great information to help support you, plus guidance on suitable activity options.

