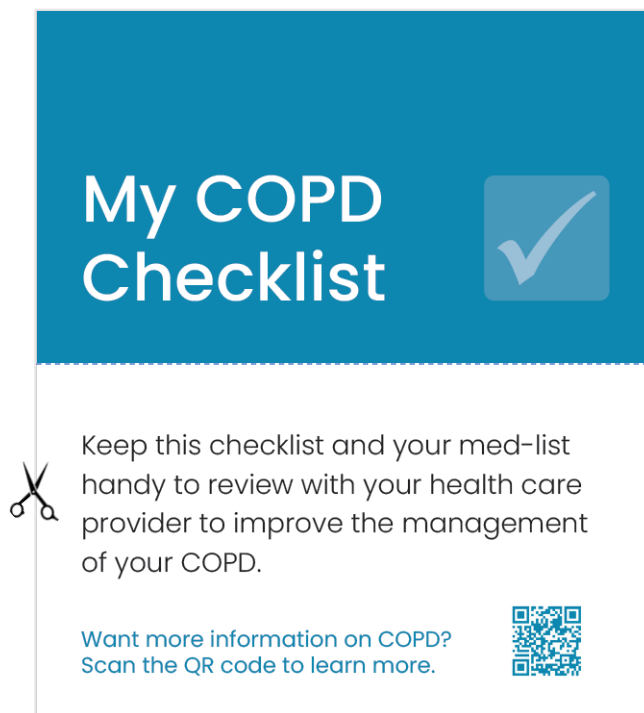


# My COPD Checklist (Business Card Size)

Follow the instructions below to print the COPD checklist as a business card size.

1. Print double-sided
2. Cut around the card
3. Fold in half on the dotted line
4. Place it in your wallet so it's always on hand



**Please check off all that apply:**

- I've had my COPD diagnosis confirmed with a breathing test (spirometry)
- I will review my symptoms of COPD with my health care provider
- I will review the symptoms of a COPD flare up (exacerbation), and report if I had any flare ups or if I have used my COPD action plan
- I will discuss ways to prevent and manage COPD flare-ups
- I will review my current inhaler routine and ensure I am using them correctly
- I will discuss other treatment options that may improve my COPD (exercise, smoking cessation, diet, vaccination, pulmonary rehab, referral to specialist/certified respiratory educators, respiratory therapist)

