

WHAT SHOULD YOU DO IF YOUR SYMPTOMS WORSEN?

You have to look for changes in your respiratory symptoms. These may be a sign that you need medical attention.

1. Look at your shortness of breath.

If you have more shortness of breath than usual, you should first try to contact your doctor or your resource person. This may be the sign of disease progression or an acute exacerbation.

2. Notice the appearance of colored sputum (phlegm or secretions).

If the colour of your sputum is yellow or green you probably have a bacterial infection and you need to start taking an antibiotic prescribed by your doctor.

Do not wait more than 48 hours after the beginning of your symptoms worsening before contacting your doctor or resource person

UPON NOTICING THE WORSENING OF SYMPTOMS:

1. Notify your resource person or doctor.
2. Avoid things that may make your symptoms worse.
3. Use your breathing, relaxation and energy conservation techniques.

My respiratory symptoms

- More shortness of breath than usual
- Appearance of coloured sputum

My actions

- I notify my resource person
- I avoid things that make my symptoms worse
- I use my breathing, relaxation and energy conservation techniques