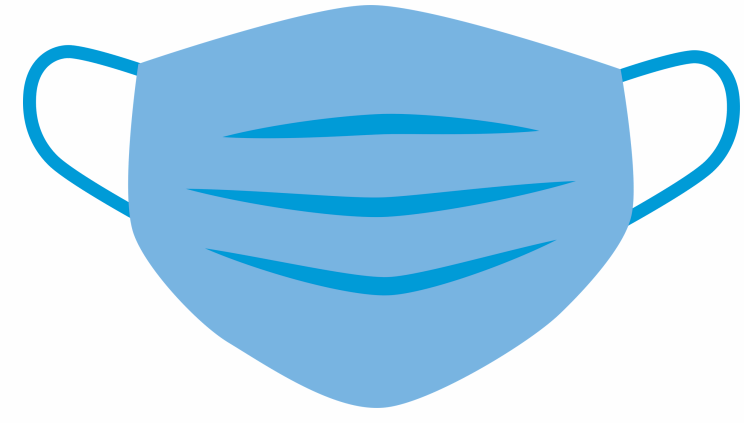


How to manage COPD



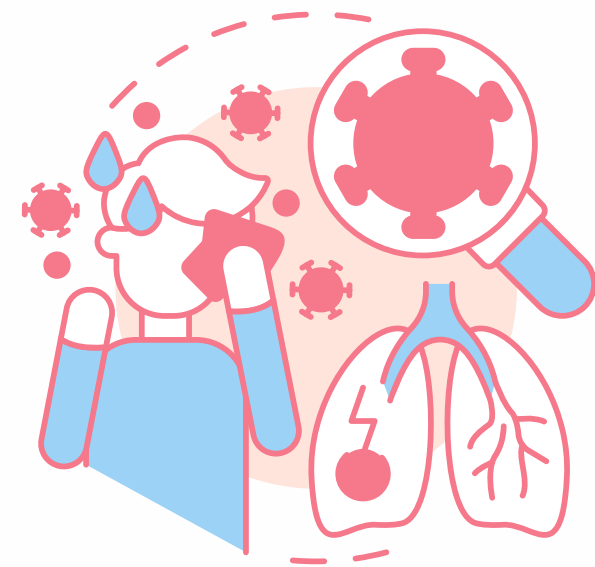
Stop smoking and avoid secondhand smoke



Use masks or other protective equipment to reduce exposure to dust and fumes



Practice healthy lifestyles



Manage chronic other conditions like asthma or allergies



Maintain good hygiene



Get flu and pneumococcal vaccines