

BREATHE EASIER AT HOME: PREVENTING COPD FLARE-UPS

COPD FLARE-UPS CAN BE DANGEROUS.



A flare-up can happen fast — often within 24–48 hours.

- **70%** of COPD readmissions are preventable. (*Respiratory Medicine Journal*, 2023)
- COPD sends **over 1.5 million** people to the ER each year. (CDC, 2024)

WATCH FOR EARLY WARNING SIGNS



- More coughing than usual
- Shortness of breath
- Changes in mucus color or thickness
- Trouble sleeping
- Fever or chills
- New fatigue

HOME CARE HELPS YOU STAY OUT OF THE ER! Our caregivers support your breathing routines every day.

- Help with inhalers, nebulizers, & oxygen equipment
- Tracking early symptoms
- Help with personal care, such as bathing & dressing
- Heavy lifting & housekeeping tasks
- Hydration & infection-prevention routines
- Transportation to pulmonary appointments



If COPD affects your daily life, let us help you maintain your independence. Call us today for support at home.



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