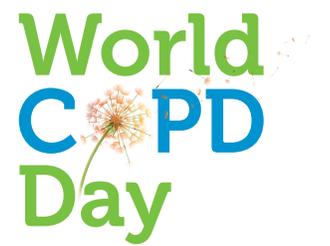


What will you do this World COPD Day?



Wednesday November 18 2015 has been designated World COPD Day by the Global Initiative for Chronic Obstructive Lung Disease (GOLD).

As part of the build-up to the day, COPD Support Ireland will be mounting its annual "Save Your Breath" campaign.

COPD Support Ireland will be undertaking a range of activities to mark the day, including a nationwide health check-in tour.

COPD Support Ireland is asking you to think about what you can do to build awareness of COPD among your colleagues, those living with COPD, their families and the general public.

Would you consider organising COPD awareness activities in your hospital, health care facility or pharmacy? It doesn't have to be too onerous and by doing even one activity, you would be playing a vital part in raising understanding of COPD.

How you can help

Mount an information stand in your foyer, canteen or pharmacy

Offer inhaler reviews to people with COPD

Organise a public talk on COPD

Organise a COPD information talk for colleagues

Offer free spirometry testing to those who may be at risk

To get you up and running, COPD Support Ireland has a range of resources available, including:

- Posters
- Leaflets
- Balloons

If you intend to offer spirometry testing, the following can be provided:

- Questionnaire
- CAT Score
- GP referral letters

A Save Your Breath microsite is also being developed, where people will be able to complete an interactive health check-in online and download a handy COPD pocket guide.

Any support that you could provide would be hugely appreciated. Please let us know if you are planning an activity and we can include it on our events calendar.

For more information and to download materials visit www.saveyourbreath.ie, email info@copd.ie or telephone 01 283 3500



COPD
Support Ireland

Kindly supported by



Kindly sponsored by

