



Coronavirus
COVID-19
Public Health
Advice

STAYING WELL

COCOONING FROM CORONAVIRUS

HOME SUPPORT LEAFLET FOR PEOPLE WITH COPD

If you are aware of being in contact with someone who has COVID-19, please contact your GP immediately.

Call your local authority if you need help; if you know someone who needs help; if you want to help — get in touch today: 0818 222 02

Download COPD and Me advice booklet from www.copd.ie

Stay at home, wash your hands, don't touch your face.



GREEN ZONE

MY SYMPTOMS

- ➔ You feel well and you are able to carry out your usual activities.
- ➔ Your phlegm is a normal colour and a normal amount for you.

WHAT DO I DO

- ➔ Continue to practice social distancing / Wash your hands often for 20 seconds with warm soapy water / Try to avoid touching your face.
- ➔ Continue with your medication as prescribed by your physician.
- ➔ Continue to eat well / Continue to take gentle exercise. Siel Blue run daily on line exercise classes for people with COPD. Go to - www.sielbleu.ie
- ➔ Do your Breathe Easier exercises: Pursed – Lip Breathing / Diaphragmatic Breathing / Active Cycle Of Breathing Techniques (ACTB).
- ➔ Continue to write in your COPD journal to document feeling well.
- ➔ Get enough sleep.
- ➔ Get FLU vaccination.

WHO DO I CONTACT

- ➔ Contact the COPD Adviceline to receive hints and tips from the respiratory nurse on staying well.
- ➔ Adviceline Freephone 1800 83 21 46
- ➔ Speak to your GP or practice nurse about receiving your FLU vaccinations.
- ➔ Visit COPD Support Ireland link below to find out more about living well and staying well. www.copdsupport.ie
- ➔ Speak to your local pharmacist for help and advice about getting the flu vaccination.



ORANGE ZONE

MY SYMPTOMS

- ➔ You have anxiety with managing your COPD.

WHAT DO I DO

- ➔ Use your symptom journal to document your symptoms and feelings.
- ➔ Use meditation, and relaxation techniques to alleviate your anxiety. Such as: Listening to music / Take a short walk / Deep breathing exercises.

WHO DO I CONTACT

- ➔ Speak to a close friend or family member about your anxieties.
- ➔ Call the COPD Adviceline to speak with a respiratory nurse specialist. Adviceline Freephone 1800 83 21 46
- ➔ Speak to your GP.
- ➔ Call ALONE on 0818 222024

- ➔ You have dry mouth and find it difficult to tolerate.

- ➔ Use Dry Mouth Oral Rinses / Dry Mouth Gel / ACT Total Care Dry Mouth Lozenges / Moisturizing Mouth Spray.
- ➔ Keep a water bottle with you so that you can sip it at the first sign of dry mouth. This is helpful at night when dry mouth can become uncomfortable.

- ➔ Talk to your practice nurse about management of your dry mouth.
- ➔ Speak to the respiratory nurses at the COPD Adviceline for useful hints and tips. Adviceline Freephone 1800 83 21 46
- ➔ Speak to your local pharmacist for help and advice on dry mouth solutions.

→ Your COPD may be bothering you, for example, you are more breathless than usual.

- Stop smoking.
- Use your chest clearance techniques i.e. Huffing and coughing followed by breathing exercises.
- Use your reliever inhaler with a spacer device up to 4 times per day. Or if you have a nebuliser, use it up to 4 times in 24 hrs.
- **COVID -19 precaution - Use your nebuliser in a room alone, away from other people. Wash after use in hot soapy water. Dry thoroughly.**
- If no relief you may be unwell move on to the next section for guidance.

- Call the COPD Adviceline to speak with a respiratory nurse specialist. **Adviceline Freephone 1800 83 21 46**
- Ask for smoking cessation advice / techniques / **Quitline: 1800 201 12 03**
- **Visit website - www.quit.ie**
- Speak to your local pharmacist for help and advice about stopping smoking.

- **You are more fatigued, and breathless than usual, appetite is reduced.**
- **There is a change in your phlegm i.e., in the colour, consistency and amount which is not improving in the last 1-2 days.**

- Take your normal medication and inhalers.
- Take your reliever inhaler every 6 hours i.e. reliever inhaler with a spacer or nebuliser.
- If you have been prescribed rescue antibiotics and/or steroids by your GP start taking these now.

- Contact your GP or Out of Hours GP service for advice.
- Call your COPD Outreach team – If you have one.
- Call the COPD Adviceline to speak with a respiratory nurse. **Adviceline Freephone 1800 83 21 46**
- Speak to your local pharmacist.

→ Oxygen Treatment not helping.

→ **Take your oxygen as prescribed by your Doctor. Take slow deep breaths. If you are not relieved by oxygen - Go to the Red ZONE .**

→ **Go to the Red ZONE Immediately.**



RED ZONE

MY SYMPTOMS

→ If your symptoms are not relieved by the above steps - **You feel really unwell.**

WHAT DO I DO

- You need immediate medical assistance.
- Try to remain calm.
- Remember your Pursed Lips breathing technique.
- Find a comfortable breathing position if you can.
- Take your reliever medicines as prescribed.

WHO DO I CONTACT

- Urgently contact your GP or Out of Hours GP service.
- If you cannot attend either of the above go straight to the hospital emergency department.
- If you are unable to go to accident and emergency,

CALL 112 or 999 and ASK FOR AN AMBULANCE

HINTS AND TIPS FOR YOU ON STAYING WELL

People in vulnerable groups are advised to practice 'protective self-separation', i.e. to avoid unnecessary face-to-face social interaction and avoid physical contact with others. HSE advice for at risk groups and coronavirus is available here:

www.hse.ie/conditions/coronavirus/at-risk-groups.html

In addition we urge you to do all you can to ensure your COPD is well managed at this time. **Here are some tips to help you do this:**

- Know your COPD triggers in order to avoid them where possible, avoid smoky environments and pollutants like dust, smog, or foggy weather.
- Monitor your symptoms and know what is usual for you. This will help if you need to alter your medication or start treatment early for exacerbations.
- Know when and how to seek help – if you have an exacerbation or if you are experiencing a **“new” fever** or **“new” cough** contact your GP.
- Do not go to your GP’s surgery unless advised by GP staff.
- Take your medication and ensure you are using your inhaler correctly – check the Inhaler Technique page of the Asthma Society for demonstrations of all the inhalers on the Irish market: www.asthma.ie
- If your inhaler requires a spacer, we recommend you use one to ensure best medication delivery – check out our information on spacer usage www.asthma.ie
- Ensure that you have one month’s supply of your medication to hand.
- If you have a backup prescription for steroids and antibiotics ensure that you have your supply of these and that they are in date.
- Continue to attend medical appointments unless otherwise advised by your hospital or healthcare team.
- Do not smoke and avoid smoky environments.

• The Asthma Society of Ireland and COPD Ireland work together to provide assistance for patients with asthma and COPD

www.asthma.ie / www.copdsupport.ie

- Continue with your exercise by exercising safely at home. Using tins of beans or bottles of water for weights or doing some sit-to-stands/march-on-the-spot will go a long way!
- Eat well – a balanced diet boosts energy and promotes a strong immune system to help fight infections.
- Breathe easier – use controlled breathing techniques and chest clearance to help get rid of phlegm and aid relaxation.
- Mind your head, as well as your lungs. The feelings of stress and anxiety that can be a common part of living with COPD are likely to be even more pronounced at this time. It is important to recognise these responses and look at ways to cope with the mental as well as the physical challenges – breathing techniques, staying in touch with family, friends and support group peers by phone, trying your best to keep a routine and avoiding over-reliance on social media as source of information will all help.

IMPORTANT!



The symptom which differentiates COPD from COVID-19 is experiencing:

A “New” fever.

Fever is the symptom that has been most common of any symptom in confirmed cases of COVID-19.

The Asthma Society of Ireland and COPD Ireland work together to provide assistance for patients with asthma and COPD.

The HSE are particularly focusing on any patient who is experiencing a **“new” fever or a “new” cough**. If you are feeling hot and cold, shivering, and aches, you should phone your local GP.

**CALL THE COPD ADVICELINE IF YOU
HAVE QUERIES ABOUT CORONAVIRUS
AND YOUR COPD 1800 832146**

**CALL HSE LIVE ON 1850 24 1850
IF YOU HAVE CONCERNS
ABOUT COVID-19 (CORONAVIRUS)**