

MANAGING COPD DURING COVID-19

FOLLOW YOUR
ACTION PLAN AND
TAKE MEDICATIONS
AS PRESCRIBED.



I HAVE MY REGULAR PRESCRIPTION.

- Continue to take your regular maintenance controller medication as prescribed.
- Ensure you have a **one-month supply** of your COPD medication and keep track of your supply. Give yourself enough time to refill.
- Consider having the pharmacy or a caregiver deliver your medication to you, so you can continue to stay at home.
- **Don't stock up on** salbutamol or other inhalers if you do not need them.
- Expect to only receive a one-month supply when you go for a refill.
- Carefully track doses left in your salbutamol inhaler by dose counting.
- Use all of the salbutamol inhalers you have available before refilling. Use ones with earliest expiry first.

HAVE ONE-MONTH
SUPPLY OF YOUR
COPD MEDICATIONS.



DON'T STOCK UP ON
SALBUTAMOL OR
OTHER MEDICATION
IF YOU DON'T NEED
IT.



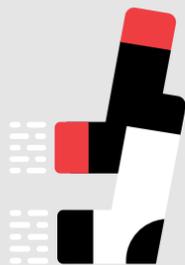
I ONLY HAVE ACCESS TO EXPIRED PRESCRIPTIONS.

- Don't discard your medications (expired within the last 6 months) until you obtain a new one.
- If you use expired (in the last 6 months) reliever inhaler, it may be less potent. Be sure to seek medical attention if you do not feel relief.
- Use a Diskus inhaler even if it has been removed from the wrapper more than 60 days ago.

DON'T DISCARD
MEDICATIONS THAT
HAVE EXPIRED IN THE
PAST SIX MONTHS
UNTIL YOU OBTAIN
NEW ONES.



ASK IF A SUBSTITUTE
IS AVAILABLE.



I CAN'T GET A REFILL FOR MY REGULAR PRESCRIPTIONS.

- Talk to your regular healthcare provider and ask if a substitute prescription is available.



Original Source: The Canadian Thoracic Society: COPD Mitigation Strategy.

Visit <https://cts-sct.ca/covid-19/>.

The Canadian Lung Association is here for you.

For more information about COVID-19 visit www.lung.ca/covid19.