

# 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 inhalers if you do not need it.
- Expect to only receive a one-month supply when you go for a refill.
- Track your doses when you do use salbutamol.
- 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 IF YOU  
DON'T NEED IT.



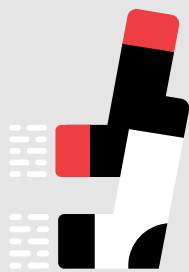
## I ONLY HAVE ACCESS TO EXPIRED PRESCRIPTIONS.

- 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 contact your healthcare provider 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.

The New Brunswick Lung Association is here for you.

For more info about COVID-19 visit [nb.lung.ca/coronavirus-disease-covid-19](https://nb.lung.ca/coronavirus-disease-covid-19)