

### Day to day

- Clear your chest as advised by your physiotherapist.
- Take your medication and inhalers, if on them, as prescribed.
- Never allow medicines to run out.
- Keep a rescue antibiotic course at home.
- Drink plenty of fluids, eat a healthy diet and take regular exercise.
- Don't smoke. Ask for help from your practice nurse if needed.
- Get your annual flu vaccination.
- Avoid visiting anyone who is unwell with a cold, flu or chest infection.

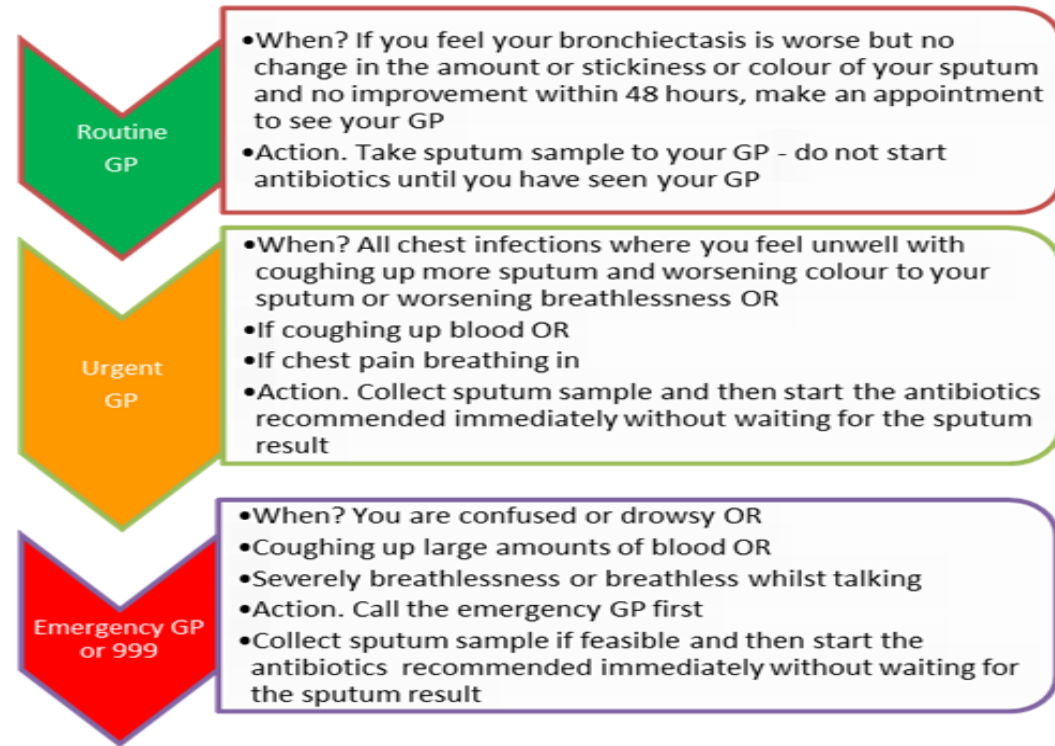
### Chest infections

#### Signs (you may have some or all of these)

- Feeling generally unwell
- Coughing up more sputum or sputum more sticky
- Worsening colour to your sputum (clear to light or dark yellow or green Or light to dark yellow or green)
- Worsening breathlessness

#### Action

- Clear your chest more often (at least twice daily).
- Take your medication and inhalers.
- Drink plenty of fluids.
- Collect sputum sample and hand to GP as soon as possible (if cannot get to surgery that day, keep the sample in fridge overnight).
- Some colds get better without needing antibiotics.



### Recommended chest treatment day to day

- 1.
- 2.
- 3.

### Recommended treatment for chest infections

- 1.
- 2.
- 3.

Name

GP

Community respiratory team

Hospital respiratory team

Adapted from BTS: Ruth Thomas, Specialist Respiratory Nurse on behalf of MK Respiratory LIT

British Thoracic Society [www.brit-thoracic.org.uk](http://www.brit-thoracic.org.uk)



Approved by MKPAG March 2017. Review date: July 2019 (or in light of new national guidance).