

REDUCING RISK FACTORS FOR COPD

- 1. STOP SMOKING:** Smoking cessation is the single most effective way to reduce the risk of developing COPD and slow its progression.
- 2. Occupational Exposures:** Reduce or eliminate exposures to various substances in the workplace.
- 3. Indoor and Outdoor Air Pollution:** Reduce or avoid indoor air pollution from fuel burned for cooking and heating in poorly ventilated dwellings. Monitor public announcements of air quality and, depending on the severity of your COPD, avoid vigorous exercise outdoors or stay indoors altogether during pollution episodes.