

November is National COPD Awareness Month

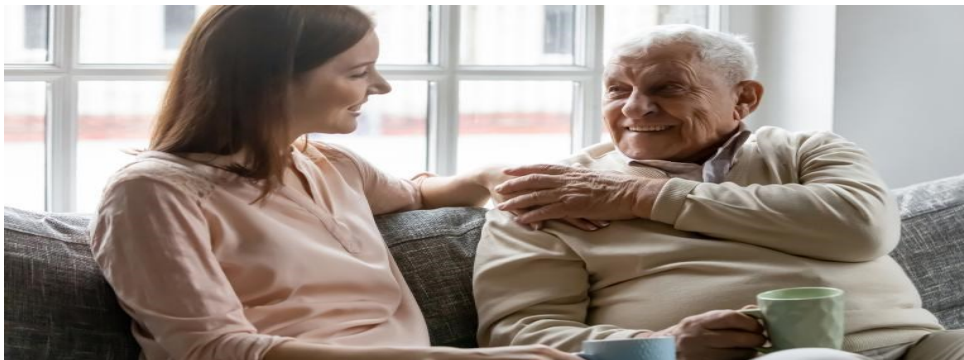
Chronic obstructive pulmonary disease (COPD) is a serious lung disease that makes it difficult to breathe. It's most common in older adults, but you can take action to look after your lung health at any age.



COPD: Protect Your Lungs for Life

People of all ages can help keep their lungs healthy. Here's how.

[Infographic](#)
[Drop-in Article](#)
[Fact Sheet](#)



For People at Risk, Patients, and Caregivers

If you or someone you care for is at risk for COPD or has been diagnosed, these materials can help you learn more about it and how to manage it.

[Educational materials available in English & Spanish](#)

[COPD videos, animations, and PSAs](#)
[Federal Resources on Smoking and Lung Health](#)
[COPD and Smoking: My Plan to Quit Brochure](#)
[The COPD Caregiver's Toolkit](#)



For Health and Community Professionals

These materials can help you work with patients and caregivers to understand risk factors, symptoms, and management.

[COPD Digital Resource Toolkit for Health Professionals](#)

[A Quick Guide on COPD](#)

[CME podcast: Screening and Testing for COPD Diagnosis](#)

[CME podcast: Treating COPD](#)

[CME podcast: Patient Case Studies: COPD Screening, PRISm, AAT Deficiency](#)



COPD National Action Plan

The COPD National Action Plan is the blueprint for a unified fight against COPD. Document your work using the Community Action Tool below.

[COPD National Action Plan](#)

[COPD National Action Plan Community Action Tool](#)



Drop-in Articles and Media Resources

Copy and paste these prewritten articles into your newsletters, bulletins, blogs, or website. Or send to your local media and ask them to do a story for COPD Awareness Month.

[Guard Against COPD at Every Stage of Life](#)

[Reduce Your COPD Risk, No Matter Where You Live](#)

[Support for Caregivers Means Better Care for Loved Ones with COPD](#)

[5 Steps for Women to Reduce their Risk of COPD](#)

[COPD and the Workplace: Know Your Risks and Take Action](#)

[Get Tested for COPD: Your Lungs Will Thank You](#)

[Additional COPD Resources for General Media](#)

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Additional Resources

- Learn more on our [COPD Health Topic page](#).
- Learn about [COVID-19 and Your Lungs](#).
- Visit all NHLBI [COPD publications](#).
- See all of the lung health resources offered by [Learn More Breathe Better](#).

Related Government Websites

- [Health and Human Services external link](#)
- [National Institutes of Health](#)
- [Office of the Inspector General external link](#)
- [USA.gov external link](#)