



How do I avoid getting

COPD



Don't smoke,
anything

1

Stay clear of
secondhand
smoke



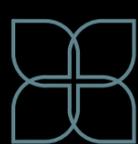
Avoid other
pollutants like
dust, pollens and
wildfire smoke



3

Stay inside,
breathing
filtered air

4



CONSONUS
HEALTHCARE