



A Member of  SOLUTIONHEALTH

Self Protection

Prevention is the best treatment of all

Pulmonary Strong Wellness
2020

NUMBER ONE!!! WASH YOUR HANDS!!!



- Before you eat
- After using the restroom
- When you get home from shopping, doctors visits, and crowded places
- After petting an animal or leaving an area with animals
- Wear a mask!!!! Avoid touching eyes & face.





Hygiene



- Cough/sneeze into the crook of your arm-to help prevent contamination, if you don't have a tissue
- Avoid touching your eyes, nose or mouth
- Do not share eating utensils, drinking glasses, towels or other personal items
- Carry hand sanitizer with you, in your car or pocketbook.
Use wipes when and where ever you can



Common Sense

- Get the flu and pneumonia vaccines
- Stay away from sick people
- Have an action plan: people to notify, a packed bag and list of your medicines
- Get extra rest-remember viral infections take 10-14 days to resolve
- Drink extra fluids-especially water
- Always be aware of how you feel
- Stay educated as much as you can



Helpful Tips

- Keep all filters CLEAN- air conditioners, oxygen concentrators and nebulizers
- Air purifiers (be informed regarding the filter) and Dehumidifiers help diminish mold spores
- Fans- boxed and ceiling also need regular cleaning
- Ventilate area when using cleaning supplies, paints or any strong odor emitting products



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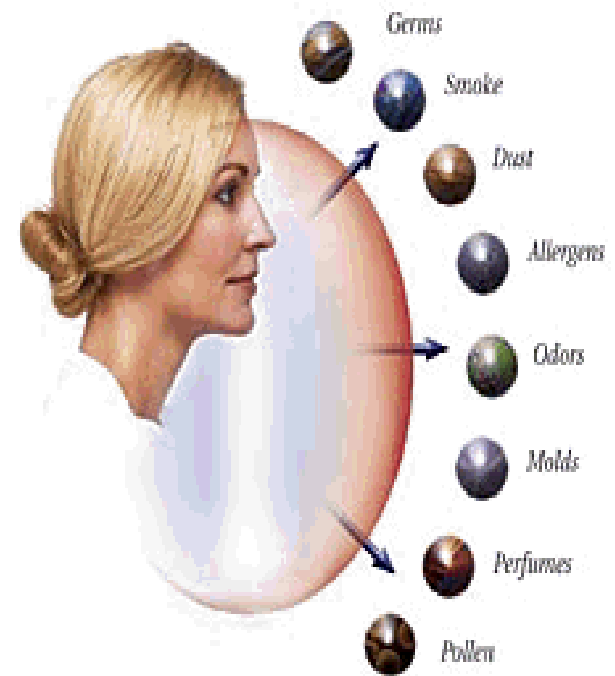


What is a Trigger?

- Triggers are the infections, irritants, and allergens that make COPD worst
- Particles in the air that cause mast cells to dissolve or rupture
- OR something that causes the bronchioles to constrict. (cold air)
- OR makes it hard to breathe (humidity)

Triggers = Irritation of Airways

- Allergies-animals(pet dander), food etc.
- Pollution/Poor Air quality
(www.airnow.gov)
- Smoke &/or Smoky environment
- Dust
- Anything scented (candles, air, etc.)
- Mold
- Outdoor allergens-Pollen, trees, etc



Cold Air Solutions

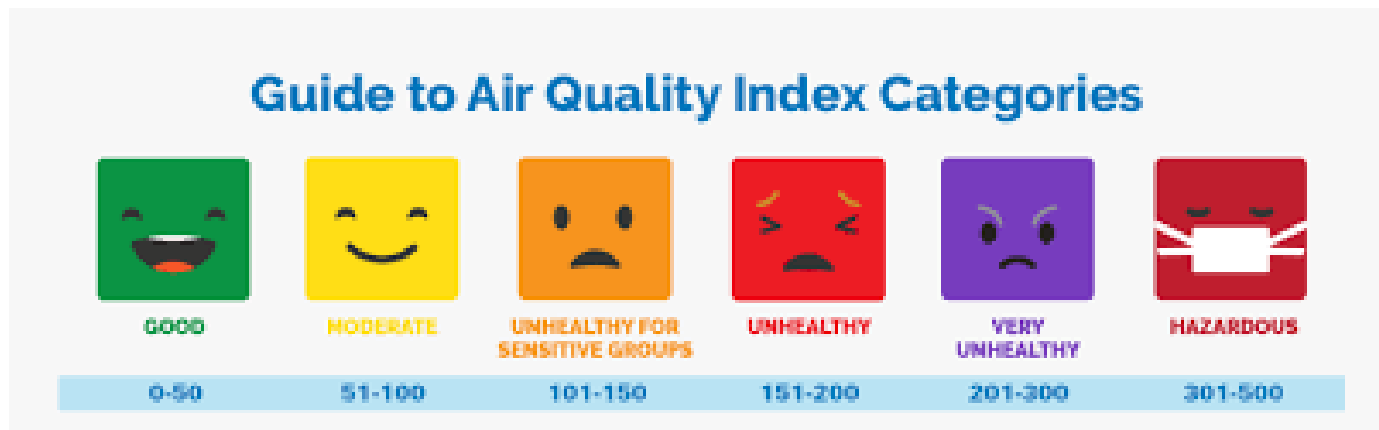
- Cold air can cause bronchospasm
- Breathe through your nose, not mouth
- Wear a scarf
- Take your “rescue” inhaler 15-30 minutes before going outside



Humidity Solutions

It's not the heat...
it's the humidity

- Air conditioning (decreases humidity up to 50%)
- Staying inside when humidity or ozone (AQI) warnings are in effect



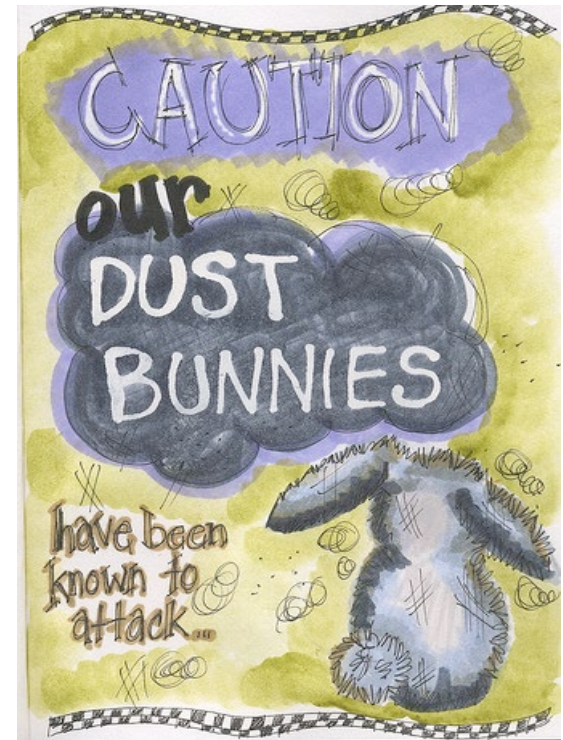
Dust



- More than an annoying layer on furniture.
- Composed of: fibers and plant and animal material in the home such as:
 - cotton, feathers, wool
 - hemp, jute, animal hairs,
 - dander, saliva, molds,
 - cockroach droppings.

Dust

- Can cause major allergic reactions
- Thrive in pillows, mattresses
- Prevention: take control of your indoor environment (hypoallergenic pillow and mattress covers)
- Carpet is the worst flooring-
Substitute: hardwood/
linoleum floors



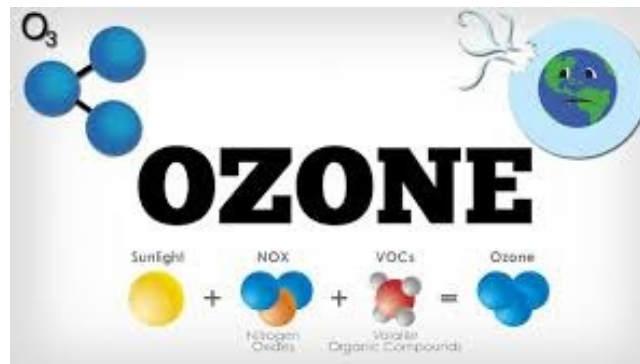
Molds

- Thrive in humid areas of the house. Humidifiers, carpeting, plant soil, garbage containers, rotten flooring, and water damage.
- Solution: use Dehumidifiers, Chlorine bleach and household cleaners (remember if you use chemicals-use in a well ventilated area).



Ozone Pollution

- Increased concentration of ozone in the air at the ground level.
- Hazardous to children and the elderly, and people with respiratory problems.
- 2 chemicals: hydrocarbons, and nitrogen oxide + sunlight + little air movement = ozone.
- These chemicals come from: cars, power plants, factories/ anywhere natural fuels are combusted.



Sulfites

Avoid sulfites

- Preservatives/enhancers in certain foods
- **Thickens mucus**-if ingesting one needs to drink more water to thin mucous
- Mainly affects patients who have trouble with secretions

Sulfite facts

- 1 out of every 100 people are allergic or are sensitive to them
- Can develop an allergy at any time in life
- Can be life threatening
- Fresh fruits & vegetables do not have them

What are sulfites found in?



- Baked goods
- Soup mixes
- Jams
- Canned vegetables
- Pickled foods
- Gravies
- Dried fruit
- Potato chips
- Trail mix
- Beer and wine (Naturally)
- Vegetable juices
- Sparkling grape juice
- Apple cider
- Bottled lemon & lime juice
- Tea
- Molasses
- Fresh or frozen shrimp
- Guacamole
- Dehydrated, pre-cut or peeled potatoes



Ingredients to look out for...

Sulfite-containing ingredients to look for on food labels include:

- Sulfur dioxide
- Potassium bisulfite or potassium metabisulfite.
- Sodium bisulfite, sodium metabisulfite, or sodium sulfite

SULFITES

Cleaning & Disinfecting your Nebulizer

- It is important to **always clean and disinfect** your nebulizer because you can breathe in germs through your nebulizer and risk developing a lung infection.
- Nebulizers are medical devices that turn liquid medications into a mist, which you then inhale. The instructions for many inhaled medications specify that they be used only with specific nebulizers. Always make sure you are using a nebulizer that the medication manufacturer has recommended.
- It is important to always **clean and disinfect** your nebulizer, since you can breathe in germs through your nebulizer and risk developing a lung infection. **Always make sure you are using a disinfecting method recommended by the equipment manufacturer.**

Cleaning & Disinfecting your Nebulizer

When Using a Reusable Nebulizer

- After each use, clean and disinfect the nebulizer as soon as possible by following the CF Foundation's & CDC recommendation for nebulizer care.
- Clean the nebulizer parts with dish detergent soap and water
- Disinfect
- Rinse
- Air dry



Cleaning & Disinfecting your Nebulizer

There are two **DISINFECTANT** options: **HEAT** and **COLD**

For disinfection to be effective, nebulizer parts must be soaked for recommended length of time:

Rinse off the cold-method disinfectant using sterile water, not tap water

Air-dry the nebulizer parts before storage

(rc.rcjournal.com)



Heat

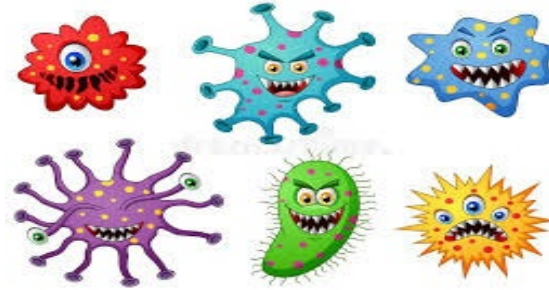
- Place in water and boil for 3-5 minutes-soft boil
- Place in a microwave-safe container submerged in water and microwave for 3-5 minutes
- Use a dishwasher, if the water is 158 degrees or more, for 30 minutes
- Use an electric steam sterilizer

Cold

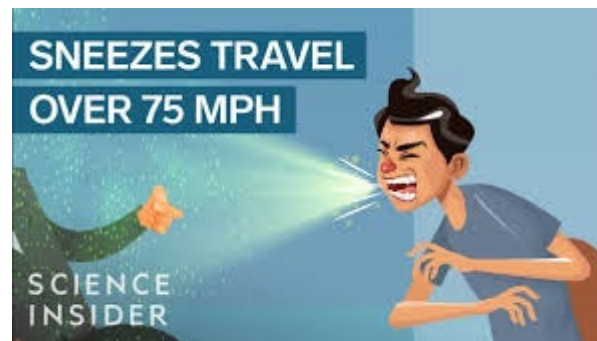
- Soak in 70% isopropyl alcohol for **5 minutes-OR**
- Soak in 3% hydrogen peroxide for **30 minutes**



Did You Know....



- Germs can live on inanimate objects up to 6 hours and can live outside the body from a few minutes to 48 hours
- Cold and flu germs generally remain active longer on stainless steel, plastic and similar hard surfaces than on fabric and other soft surfaces
- On any surface though, flu viruses seem to live longer than cold viruses
- The fastest human sneeze was clocked at 102 mph!
- A human cough (droplets) can travel up to 3 feet!



Conclusion

- Get educated!
- Annual influenza vaccination, along with pneumococcal vaccination every 5-10yrs
- Read food labels
- And be aware of your surroundings
- And have a plan

