NOVEMBER · WORLD COPD DAY

PROTECT YOUR LUNGS. BREATHE EASY.

1

CONTROL DUST

Use the extraction and wet methods.

2

WEAR IT

Wear your respirator and use the extraction.

3

TEST

A lung function test shows how well your lungs work.

GET CHECKED IF YOU HAVE

- A cough that will not go away
- Breathlessness
- Wheezing
- Tiredness
- Dust or fumes at work

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

For a lung function test, speak to: _____

WORLD COPD DAY: NOVEMBER.

Sources: WHO COPD and tobacco fact sheets; Global Adult Tobacco Survey South Africa 2021; Occupational Health and Safety Act; Western Cape Government emergency numbers.

CARE NET CONSULTANTS
Your Partner in Workplace Health

General health information only, not medical advice. Speak to a healthcare professional about your own health.