

# COPD Sample Social Media Posts

Share these sample posts on your social media channels to raise awareness about COPD.

## National COPD Awareness Month (November)

November is #COPDMonth! We're joining NHLBI and its @BreatheBetter program to raise awareness about this serious lung disease that affects nearly 16 million Americans. Find resources for patients, caregivers, and healthcare providers: <https://www.nhlbi.nih.gov/COPDMonth> #BreatheBetter

During #COPDMonth, take a moment to learn about this serious lung condition. COPD stands for Chronic Obstructive Pulmonary Disease. It can be managed with healthy lifestyle changes, pulmonary rehab, and medications. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/COPDMonth>

## COPD in Rural Communities

People in rural areas are more than twice as likely to have COPD as people who live in large cities. They’re also more likely to be hospitalized or die from the disease. Do you know the signs and symptoms of COPD? Learn more from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

Did you know that nearly 4 million people in U.S. rural communities have been diagnosed with COPD? Learn more about COPD and find educational resources for patients, caregivers, and healthcare providers from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

Rural U.S. residents have higher rates of COPD, more hospitalizations, and more deaths from COPD compared to other U.S. communities. Learn about COPD risk factors, symptoms, and treatment from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

Some jobs are more likely to cause work-related COPD than others, including mining, manufacturing, vehicle repair, farm work, and housekeeping. Learn more about lung health on the job from @BreatheBetter: <https://www.nhlbi.nih.gov/resources/lung-health-job-know-risks-work-related-copd-infographic>

## General COPD

Ongoing coughing, shortness of breath, wheezing, and chest tightness are symptoms of COPD. Symptoms can start slowly, so pay attention to what your body is telling you and talk to your doctor about any you are experiencing. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/copd-learn-more-breathe-better/publications-patients>

Pulmonary rehabilitation helps people with COPD function better in daily life. Patients work closely with a team of professionals to develop a program to help them #BreatheBetter. Learn more from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

Did you know women are more likely than men to have COPD? Show the women in your life you care by encouraging them to talk to their healthcare provider if they have symptoms. Learn more about COPD from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

Smoking is the most common cause of COPD, but not everyone who has COPD has smoked. Did you know that 80% of people with COPD who have never smoked are women? Learn more about COPD from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

How can COPD affect your work? 1 in 4 people with COPD say they're unable to work, and at least 1 in 3 say they're limited in what they can do. Check out this infographic from @BreatheBetter to learn more about lung health on the job: <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/lung-health-job-know-risks-work-related-copd>

Poor outdoor air quality and high levels of outdoor allergens can affect COPD symptoms. This includes:

* Extreme hot/cold/humid/dry weather
* Exhaust & gas fumes
* Tree & grass pollen
* Dust from construction & roadwork

Learn more from @BreatheBetter: <https://copd.nhlbi.nih.gov/>

## The COPD Caregiver’s Toolkit

Consider also tagging Respiratory Health Association in these posts: @RespHealth on [*Twitter*](https://twitter.com/RespHealth), @RespiratoryHealthAssociation on [*Facebook*](https://www.facebook.com/RespiratoryHealthAssociation/), and @resphealth on [*Instagram*](https://www.instagram.com/resphealth/)

Caring for someone with #COPD can be complicated. The COPD Caregiver’s Toolkit, developed by @BreatheBetter & @RespHealth, includes information, advice, and tools to help care for someone with COPD. Learn more: <https://www.nhlbi.nih.gov/COPD-caregivers>

Are you a caregiver to someone with COPD? It can be hard. Look for signs of stress or depression, like always feeling tired or losing interest in activities you once enjoyed. Check out @BreatheBetter & @RespHealth’s Caregiver’s Toolkit: <https://www.nhlbi.nih.gov/COPD-caregivers>

If you’re a caregiver, remember to take care of yourself too. Get 7-9 hours of sleep, exercise at least 3 times a week, & schedule some “me time.” Find more information for caregivers in @BreatheBetter & @RespHealth’s Caregiver’s Toolkit: <https://www.nhlbi.nih.gov/COPD-caregivers>