



Quick-reference cards.

A two-sided card for clinicians and care teams, and cut-apart pocket cards that help people take the next step, for each community.

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01

Clinician card

Print pages 2–3 double-sided. Keep at check-in, in exam rooms and in the staff room.

02

Pocket cards

Print each pair of pages double-sided (flip on the long edge). Cut on the dashed lines: four cards per sheet.

03

Hand them out

At check-in, with the after-visit summary, or at the pharmacy counter. The back has space for an appointment date.

Please don't change the health information. Facts reflect the GOLD 2026 Report; the QR codes always link to the latest at World COPD Day.org. Questions: info@ahis.org





Find COPD sooner: who to test, and when.

WHO	TEST	WHEN	NOTES
Adults with symptoms or risk factors	Spirometry, post-bronchodilator	When dyspnea, chronic cough or sputum, or recurrent chest infections are present	Risk factors include tobacco or other smoke, occupational dust and fumes, household biomass and air pollution. A post-bronchodilator FEV1/FVC < 0.7 is required to confirm COPD.
People at higher risk, found by case-finding	Targeted spirometry	After a positive case-finding questionnaire, or during lung cancer screening	GOLD describes active case-finding (questionnaires on symptoms and risks) and opportunistic case-finding in targeted populations.
Every patient with COPD	Alpha-1 antitrypsin (AATD) test	Once, ideally at diagnosis	GOLD recommends that all patients with a diagnosis of COPD be tested for AATD. Don't wait for the classic picture (age < 45, basal emphysema); many are found later.
Relatives of people with Alpha-1	Alpha-1 test	Once a relative's result is confirmed	Alpha-1 is inherited. Offer testing to family members, and refer for specialist advice and genetic counseling as needed.

THE PATH, IN THREE STEPS

Symptoms or risk?

Ask at routine visits, or use a short questionnaire.



Spirometry

Post-bronchodilator FEV1/FVC < 0.7 confirms COPD.



COPD confirmed?

Order a one-time Alpha-1 test.





Closing the gap: symptoms to diagnosis.

WHAT TO SAY: A CLEAR NEXT STEP IS THE STRONGEST NUDGE

BREATHING SYMPTOMS

“Your breathlessness deserves a proper look. A quick breathing test can tell us what’s going on.”

ALPHA-1 & FAMILIES

“Alpha-1 runs in families. One blood test can tell you whether it affects you.”

WHAT PATIENTS ASK

Does the breathing test hurt?

No. You breathe out hard into a mouthpiece, before and after a puff of a bronchodilator.

I never smoked. Could it be COPD?

Yes. Other smoke, dust and fumes at work, air pollution, and Alpha-1 can all play a part.

I quit years ago. Do I still need a test?

If you have symptoms, yes. Past exposure still counts.

Why test for Alpha-1 if I already have COPD?

It’s an inherited cause. A result can change your care and tell relatives whether to test. It’s one blood test, once.

LIVING WITH COPD

“Let’s make sure you’ve had a one-time Alpha-1 test. It can shape your care, and your family’s.”

CAREGIVERS

“You know their day best. Tell us what’s changed, and call early if breathing gets worse.”

A WORKFLOW THAT WORKS

- 1 Ask about symptoms and exposures** at routine visits, or use a short case-finding questionnaire.
- 2 Order post-bronchodilator spirometry**, or refer if you don’t have it on site.
- 3 Record the diagnosis** so the patient shows up in your COPD registry.
- 4 Build the Alpha-1 test into your COPD order set**, so every patient is tested once.
- 5 Positive result?** Offer testing to relatives and refer for specialist care.
- 6 Review the plan:** pulmonary rehab and recommended vaccines, in line with national guidance.





WORLD COPD DAY · BREATHING SYMPTOMS

Could it be COPD?

- ☐ I get short of breath doing everyday things
- ☐ I have a cough that won't go away, or mucus most days
- ☐ My chest colds linger or keep coming back
- ☐ I've breathed tobacco smoke, dust, fumes or polluted air, at home or at work
- ☐ Someone in my family has COPD, emphysema or Alpha-1

Checked a box? Ask for a breathing test.



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WHAT TO SAY

**“I’ve noticed some of these signs.
Can I get a breathing test?”**

WHERE TO GET IT

Your primary care provider. The test is called spirometry.

MY APPOINTMENT

TEST DATE



SCAN FOR THE FIVE QUESTIONS

World COPD Day.org

An observance led by GOLD

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WORLD COPD DAY · ALPHA-1 & FAMILIES

Should I test for Alpha-1?

- ☐ I have COPD or emphysema
- ☐ Someone in my family has Alpha-1
- ☐ My lung problems started young, or with little or no smoking
- ☐ I have liver disease, and no one knows why

Alpha-1 is inherited, and most people who have it have never been tested. It's one blood test, once.

Checked a box? Ask for an Alpha-1 blood test.



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WHAT TO SAY

**“Have I been tested for Alpha-1?
If not, can we do it today?”**

WHERE TO GET IT

Your primary care provider or lung specialist can order it.

DATE TESTED

RESULT



SCAN TO LEARN ABOUT ALPHA-1

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WORLD COPD DAY · LIVING WITH COPD

Am I getting the most from my care?

- ☐ I have a written plan for flare-ups
- ☐ Someone has checked how I use my inhalers
- ☐ I've been offered pulmonary rehab
- ☐ My recommended vaccines are up to date
- ☐ I've had a one-time Alpha-1 test

Missed a box? Bring this card to your next visit.



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**“Can we go over my COPD plan,
and the boxes I didn’t check?”**

WHERE TO GET IT

Your care team: primary care, your lung specialist
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NEXT VISIT

CARE TEAM PHONE



SCAN FOR SUPPORT AND
RESOURCES

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Could it be a flare-up?

- ☐ Their breathing is harder than usual
- ☐ They're coughing more, or bringing up more mucus
- ☐ Their mucus has changed color
- ☐ Their usual medicines aren't helping as much

Checked a box? Call their care team today.

Severe trouble breathing, blue lips or confusion?
Call your local emergency number (911 in the US).



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WHAT TO SAY

“Their breathing has changed since _____. What should we do?”

LOOK AFTER YOURSELF TOO

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CARE TEAM PHONE

AFTER HOURS



SCAN FOR SUPPORT NEAR YOU

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