

September 21, 2025

Dear Patient,

As the colder months of fall and winter approach, we want to take a moment to remind you of the impact these seasons can have on your COPD and provide you with some tips to stay healthy.

Things to Be Aware of This Fall and Winter

- **Cold Air & Wind:** Cold, dry air can tighten airways and make breathing harder.
- **Respiratory infections:** Flu, RSV, COVID-19, and pneumonia are more common.
- **Indoor Air Quality:** Dust, smoke, and strong scents indoors can irritate lungs.
- **Seasonal Stress:** Busy schedules and gatherings can increase exposure to viruses.

Steps to Protect Yourself

1. **Bundle Up in Cold Weather:** Cover your nose and mouth with a scarf or mask in cold air.
2. **Stay Up to Date on Vaccines:** Ask your provider about flu, pneumonia, RSV, and COVID-19 vaccines.
3. **Avoid Sick Contacts:** Wash your hands, wear a mask in public, and avoid sick people.
4. **Take Medications as Prescribed:** Ensure you have your medications and inhalers and take them as directed by your provider.
5. **Plan Activities Wisely:** Try to run errands or exercise when temperatures are warmer.
6. **Have an Action Plan:** Follow your Zone Tools located in your “**One Breath at a Time**” COPD workbook on page 1. **Green:** Keep up the good work! **Yellow:** Call your pulmonary educator, PMC provider, PMC Primary Care Doctor on Call, or go to the nearest walk-in clinic. **Red:** Call 911.

If you notice any changes in your COPD symptoms, contact your PMC primary care provider, PMC primary care doctor on call, or the PMC Wellness Department. Remember, PMC walk-in clinics are also available to you. You can find Walk-In Clinic hours and additional information for Sanford and Southern Pines at www.pinehurstmedical.com.

Stay safe and healthy,

Tracy Jackson, RRT RCP
Pulmonary Educator

PINEHURST MEDICAL CLINIC WELLNESS DEPARTMENT

Phone: (910)-235-3347

PINEHURST MEDICAL CLINIC AFTER HOURS – URGENT MATTERS

Moore County – Call (910)621-3769, Press 0, and ask for the PMC Primary Care doctor on call.

Lee County – 919-774-6518

**If you are experiencing a medical emergency, please dial 911 or go to your nearest Emergency Department.*

PINEHURST MEDICAL CLINIC WALK-IN CLINIC INFORMATION

Morganton Park - Southern Pines

200 Pavilion Way, Southern Pines

Monday – Friday: 9 am – 5 pm

Saturday: 8 am – 11:30 am

Sunday: 8 am – 11:30 am

Carthage Street – Sanford

555 Carthage Street, Sanford

Monday – Friday: 8 am – 5 pm

Saturday: 8 am – 11:30 am

Sunday: Closed

**Please make sure to check PMC's website at www.pinehurstmedical.com, as holidays can impact hours stated above.*