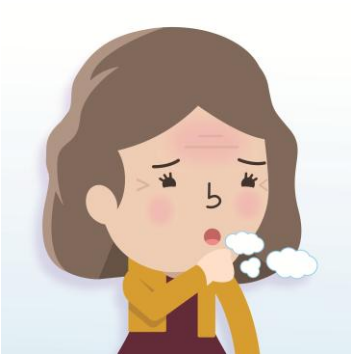
CERT (hulpmiddel om verergering van KOLS te herken)

Kies die akkuraatste beskrywing vir u vandag **in vergelyking met hoe u gewoonlik voel.**

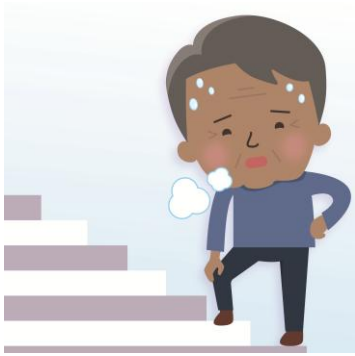


Verergerende hoes
Soos gewoonlik
Gering
Matig
Erg

Verhoogde volume sputum
Soos gewoonlik
Gering
Matig
Erg

Kortasem
Soos gewoonlik
Gering
Matig
Erg

Moeilike asemhaling
Soos gewoonlik
Gering
Matig
Erg



Beperking van aktiwiteit
Soos gewoonlik
Gering
Matig
Erg

As u **ten minste 2 items in rooi kies** ervaar u waarskynlik ’n COLS-verergering en moet u u dokter besoek.

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