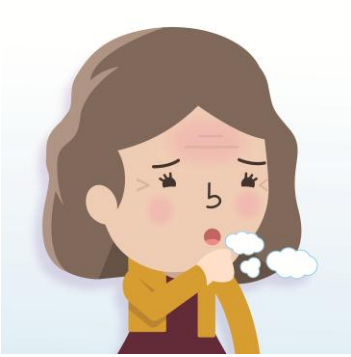
CERT (COPD Exacerbation Recognition Tool)

Select the most accurate description for you today **compared with your usual state.**



Worsening cough

- As usual
- Mild
- Moderate
- Severe

Increased volume of sputum (phlegm coughed up from the lungs)

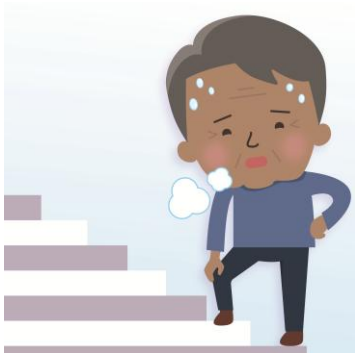
- As usual
- Mild
- Moderate
- Severe

Shortness of breath

- As usual
- Mild
- Moderate
- Severe

Strenuous breathing

- As usual
- Mild
- Moderate
- Severe



Limitation of activity

- As usual
- Mild
- Moderate
- Severe

If you **choose at least 2 items in red** (answers “moderate” and “severe”), you are probably experiencing a COPD flare-up and should visit your doctor.

Trademarks are owned by or licensed to the GSK group of companies.
© 2023 The GSK group of companies or its licensor.

GSK31121 - South Africa/English - Version of 01 Oct 2026 - ICON.
ID0295-TR-341071 / CERT_v1.0_Trans_Paper_ZA_English_01Oct2026