

COPD*— When Symptoms Flare Up



What Is a COPD Flare-Up?

A **flare-up** is when some of your symptoms get worse.

- Your cough may get worse
- You may have more shortness of breath
- You may cough up more mucus, or the mucus may be yellow or green

What Should I Do When a Flare-Up Occurs?

Talk to your healthcare practitioner (prak-tih-shun-er) as soon as your symptoms get worse. Describe your symptoms and how many puffs of medicine you are taking.

- Ask questions:
 - How much medicine should I take?
 - Do I need new medicine?
 - Am I using my inhaler the right way?
- Call 9-1-1 or go to the emergency room if your symptoms are very bad



Did you know?

It's a good idea to have a written *action plan* for when your symptoms get worse. Write down all the medicines you take and all your emergency numbers. Be sure to keep your healthcare practitioner's phone number with you.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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