



## My flare-up plan

Sometimes, when your health has been stable, your symptoms may flare up. This is also called an acute exacerbation. It's important to recognise the symptoms of a flare-up and to know what to do. Discuss this plan with your health care professional:

### Do I feel worse than usual?

Symptoms may include:

increased breathlessness

increased coughing



### I must remember...



...to contact my practice nurse, GP or my community respiratory team



...if my symptoms are severe and it's an emergency to call 999

### My action plan

If I feel worse than usual, I will... ..

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I will contact... ..

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