

# Your flare-up action plan

| My symptoms   | My plan   |
|---|---|
| My symptoms are normal for me.  | I will continue to take my usual medication as prescribed.  |
| I am more out of breath than usual, but I have no fever or chest pain. My phlegm is normal.   | I will use my reliever medication (include name, colour and number of puffs):<br>.....<br>.....   |
| I am much more breathless despite taking my usual reliever medicines.                         | I will use my usual medicines and the steroids in my rescue pack.<br>Steroid: .....<br>I will tell my doctor or nurse within two days of starting my rescue pack. I will ask for a review.                                      |
| I am much more breathless, and I am coughing up more sputum, or my sputum has changed colour. | I will use my usual medicines and the steroids and antibiotics in my rescue pack.<br>Steroid: .....<br>Antibiotic: .....<br>I will tell my doctor or nurse within two days of starting my rescue pack. I will ask for a review. |

| My symptoms   | My plan   |
|---|---|
| My breathing is much worse than normal, despite my medicines. I have chest discomfort or high fever.<br>People around me are noticing I seem confused.  | I will call my doctor or nurse as soon as I get this bad. A carer or family member will ring if I cannot. |
| I'm struggling to breathe or have sudden shortness of breath and:<br><ul style="list-style-type: none"> <li>• my chest feels tight or heavy</li> <li>• I have a pain that has spreads to my arms, back, neck and jaw</li> <li>• I feel or am being sick.</li> </ul> | I will call 999. A carer or family member will ring if I cannot.  |

You should have a flare-up action plan you've agreed with your health care professional, so you know what to do if your symptoms flare up.

Agree a plan, like this one, with your doctor or nurse so you know what to do if you have a flare-up.