

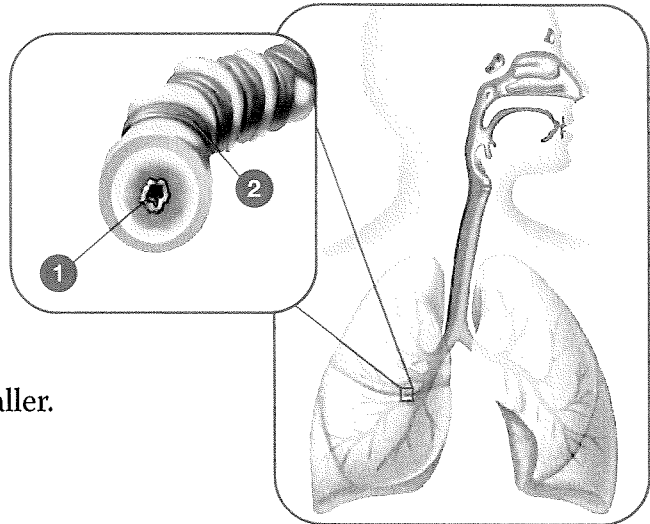
# The Asthma Flare-up

When you breathe, air goes in and out of your lungs through tubes called airways. When you have asthma, your airways may get smaller when you are around your asthma triggers. This is called a flare-up. Talk to your doctor about how to identify an asthma flare-up.

## What Happens During a Flare-up?

Two main things happen during a flare-up that make it hard to breathe:

- 1 The airways swell and fill with mucus.
- 2 The muscles around the airways tighten. This also makes the airways smaller.



## Warning Signs

You may have warning signs hours before a flare-up begins. Everyone's warning signs are different. Check the signs that happen to you.

- |  |  |
|--|--|
| <input type="checkbox"/> Wheezing                        | <input type="checkbox"/> Breathing faster than normal                                  |
| <input type="checkbox"/> Getting out of breath easily    | <input type="checkbox"/> Needing quick-relief (rescue) medicine more than twice a week |
| <input type="checkbox"/> Tightness in the chest          | <input type="checkbox"/> Other _____   |
| <input type="checkbox"/> Increased coughing and mucus    | _____  |
| <input type="checkbox"/> Drop in peak flow meter reading | _____  |

## What to Do During an Asthma Flare-up

- Follow your Asthma Action Plan and directions from your doctor, based on your asthma symptoms and peak flow.
- Take quick-relief (rescue) medicine as directed by your doctor.
- Relax. Stay calm and try to breathe slowly and deeply.
- Get help when you need it. Tell someone if you notice it's getting hard to breathe.
- A severe asthma flare-up can be life-threatening. Get help fast.



This material was developed by GlaxoSmithKline.