

# What About Times When I Can't Avoid Risks?

## When Flare-ups Happen...

No matter how much you try, there may be times when you will be near things that make your symptoms worse. If this happens,

- Try to get away from what bothers your breathing. For example, if you are caught in traffic, turn onto a side street as soon as you can
- Take your rescue medicine
- Do this exercise to help you breathe better:
  1. Sit in a chair with your head supported
  2. Breathe in slowly through your nose. Breathe in until your lungs fill up
  3. Don't hold your breath. Purse (pucker) your lips and breathe out slowly
  4. Take longer to breathe out than to breathe in
  5. Repeat



### Did you know?

**Taking an active part in your treatment may help reduce flare-ups and control your COPD\* symptoms.**

\*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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