

Irritated by COPD* Flare-Ups?

Is an Irritant Causing Your Flare-Up?

Sometimes the cause of a flare-up is not known. Many times, a flare-up is due to an irritant.

Here is a list of common irritants:

- Smoking or being around smoke
- Infection, like a cold or the flu
- Strong fumes, like car exhausts and perfume
- Air pollution and smog
- Weather changes
- Very cold or very humid air
- Stress or anxiety (nervousness)



It's Personal

Every person has different irritants. Learn which things cause your symptoms to get worse. Then, try to avoid them. Keep a diary of your personal flare-ups.

Did you know?

It's important to share your diary of symptoms and personal irritants with your healthcare practitioners (prak-tih-shun-ers). They can give you better advice if they have more information.

*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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