



Tips for Managing Wheezing

Things you can do on your own



- Stay calm
- Prop yourself up with pillows, and don't lie flat or slouch
- Rest as often as you need to
- Try relaxation methods or meditation

See the Other Resources page for more information

With the help of your care team



- Your care team may prescribe the following to help manage your wheezing:
 - Oxygen
 - Inhalers
 - Nebulizers

When to call your care team for help



- If the wheezing is a new symptom for you, or your inhalers aren't helping
- If you are experiencing shortness of breath or trouble breathing
- If your skin, mouth, or nails look blue or pale
- If you have any chest pain
- If your wheezing does not get better after trying some of the tips above

Additional information on Wheezing



- [Click here](#) for tips about how to manage wheezing