

## Warning Signs

When you have lupus, your body's immune system attacks its own healthy tissue. This causes damage to many parts of the body, including the joints, skin, kidneys, heart, lungs, blood vessels, and brain. Lupus comes and goes. Sometimes you will feel fine. Other times you will have a flare-up of symptoms. Knowing what triggers a flare is important. Being able to spot the signs of a flare can help you treat problems before they get bad.

### Possible Triggers

- You did not get enough sleep.
- You are stressed.
- You were in bright sunlight or certain indoor lights.
- You have an infection.
- You have an injury.
- You have not been taking your medicine.

### Early Warning Signs

Signs a flare may be coming:

- Feeling more tired
- Having more pain in joints or muscles
- New skin rash or mouth sores
- Fever
- Stomach pain
- Headache
- Dizziness

### More Symptoms

- Chest pain
- Shortness of breath
- Fingers and toes turn white from cold or stress
- Depression
- Anxiety



Tired

Fever

Weak