

## Medication

### Make sure you use your medication the right way!

- Make sure you take your medicine as directed by your doctor, *even if you are feeling fine*. The medicines your doctor prescribes can control asthma but they can't cure it for good. Don't let asthma sneak up on you!
- Use your medicine the right way so that it can work best:
  1. Shake your inhaler.
  2. Breathe out all the way.
  3. It is important to always use a spacer with inhaler.
  4. Follow instructions under using "tools that can help." ⇨⇨⇨
  5. Always rinse your mouth after using medicines.
- Keep track of how much medicine is left so you have a **full** inhaler when you need it.

## Tools That Can Help

### The right tools can keep you healthy.

- A spacer is the best way to take asthma medicine. Using a spacer with an inhaler delivers more medicine to your lungs where it can do the most good. To use a spacer:
  1. Shake your inhaler.
  2. Put the inhaler into the end of the spacer.
  3. Breathe out normally.
  4. Push down on the inhaler and breathe in slowly and deeply until the medicine is gone.
  5. Hold your breath 10 seconds.
- A peak flow meter can help you stop your asthma symptoms before they start. A peak flow meter tells you how fast air is moving out of your lungs. With it you can tell when your asthma is getting worse before you are sick. Ask your doctor for more information on using one.



## When to Get Help

- Regular checkups are the key to keeping you well. Talk to your doctor about how often you should come in for a visit. Sometimes your doctor will want to see you even when you are well. Your asthma can change over time. Schedule a visit even if you are feeling fine to make sure you have the right medicine for your asthma.
- Call your doctor if:
  1. Your quick relief medicine doesn't seem to be working.
  2. You are using more quick relief medicine than usual.
- Call your doctor or get medical help **IMMEDIATELY** if:
  1. You are breathing very quickly, hunched over, or wheezing severely.
  2. Your nostrils open wider with each breath.
  3. Your lips or fingernails are blue.
  4. You are having a hard time walking, talking or eating.
  5. The skin between your ribs is pulled tight.



## Environment

### These can make your asthma worse!



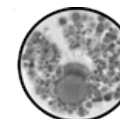
Dust mites



Animals



Cigarettes



Mold



Cockroaches

- **Dust mites** – Use mattress/pillow covers. Vacuum and change bedding often. Don't sleep with stuffed animals.
- **Animals** – Keep pets out of the bedroom and wash them often.
- **Cigarettes** – Quit smoking or do not smoke in the house or car!
- **Mold** – Remove sources like plants, carpets, humidifiers, or aquariums, especially from bedrooms. Clean up mold quickly.
- **Cockroaches** – Use baits (not sprays) for control. Seal off food in cupboards and garbage from roaches. Wash dishes often. HEPA air filters may help with all of these, especially in the bedroom.