



**Partnership HealthPlan of California –
Your Partner in Health**

PartnershipHP.org



Controlling Your Asthma

What is Asthma?



Asthma is a health issue that can make it hard to breathe. Signs of an asthma attack often include wheezing or coughing. Having asthma can be scary, but there are things you can do to help control your asthma.

How Can You Control Your Asthma?



Avoid triggers.

Triggers are things that can cause your asthma to get worse. The best way to avoid an asthma attack is to avoid triggers. Triggers are different for everyone and can involve things like:

- Tobacco smoke
- Dust
- Pets
- Mold
- Air pollution

Talk to your doctor. They can help you find out what triggers your asthma.

How Can You Control Your Asthma?



Make a routine.

Having a daily routine can help control your asthma.

- Keep your medicines where you can see them so you remember to take them.
- Take medicines at the same time everyday in the way your doctor told you to. Link taking your medicines with something you already do at that time like brushing your teeth or eating a meal.
- Use things like a calendar, alarm, or a smartphone app to remind you to take your medicines.

How Can Your Doctor Help You?



Ask your doctor which medicine to take.

There are two main kinds of asthma medicines:

- Controller or preventer medicines help stop asthma attacks by helping control swelling in your throat and lungs. These medicines are often taken on a regular basis. Use them the way your doctor tells you.
- Rescue or reliever medicines help open your throat and lungs fast to stop an asthma attack. They should be used only when you cannot breathe, or during an active asthma attack.

How Can Your Doctor Help You?



Your pharmacist can teach you about your medications.

- Some people take their asthma medicine using an inhaler. Ask your pharmacist about how to use your inhaler if you have one. They can show you how to use it.
- Ask your pharmacist about using a spacer. Spacers are a tool used with your inhaler to help you get the most out of your medicine.
- Refill all your medicines at once to save time when going to the pharmacy.



Use an asthma action plan or asthma journal.

- These types of tools can help you prevent and control asthma attacks.
- Ask your doctor what you should keep track of in your asthma journal.
- Have your doctor go over your asthma action plan.