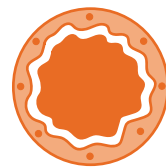




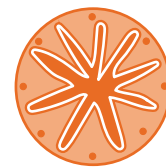
Asthma

is a chronic condition

Asthma is when your airways swell and make extra mucus. This can make breathing difficult and cause coughing and wheezing. Asthma can't be cured, but it can be controlled by knowing your triggers and taking your medications.



Normal airway



Asthmatic airway

Asthma can be controlled if:

1. We know and avoid our triggers.

- Pollen
- Smoking
- Exercise
- Mold
- Infections
- Food
- Medicine
- Dust mites
- Stress
- Pollution
- Pets
- Cold air

2. We take our inhalers as prescribed.

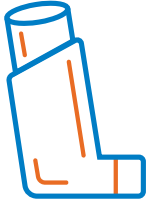
Maintenance or control medicine: Prevent the symptoms

Rescue inhalers: Treat the symptoms

- Shortness of breath
- Difficulty breathing
- Dry cough
- Nighttime cough
- Wheezing
- Chest pain or tightness

Doing well	Asthma is getting worse	Medical alert!
<ul style="list-style-type: none"> • I don't have a cough, wheezing, chest tightness, or trouble breathing at any time. • I can do all the things I usually do. • Continue taking your long-term control medicine. 	<ul style="list-style-type: none"> • I have some coughing, wheezing, chest tightness, or trouble breathing OR • I wake up at night because of my asthma OR • I can't do some of the things I usually do OR • Add your rescue inhaler and continue your long-term control medicine. 	<ul style="list-style-type: none"> • I have a lot of trouble breathing OR • My rescue inhaler does not help OR • I can't do any of the things I usually do OR • Add the other medicines your doctor has prescribed and call your doctor. <p>If your symptoms don't get better and you can't reach your doctor, go to the hospital.</p>

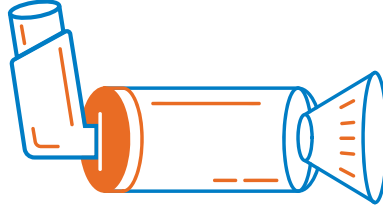
We are going to go over how to use your inhaler



This is an inhaler.

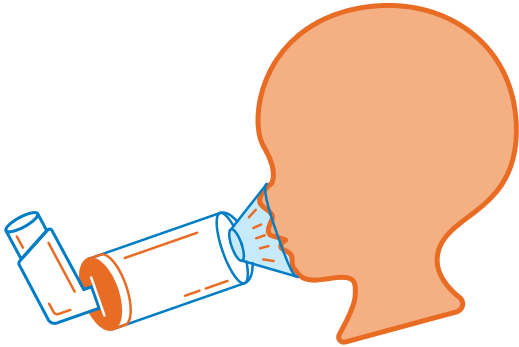
Step 1: Take off the cap.

Step 2: Shake for 5 seconds.



The clear tube is a spacer.

Step 3: Attach inhaler to spacer



Step 4: Breathe out then put the spacer between your lips, press the inhaler down and take a deep breath in.

If you hear a whistle, you went too fast. Slow down next time!

Step 5: Hold your breath for 10 seconds if you can, then breathe out. Wait 1 minute and repeat step 4 as many times as your doctor prescribes.

Clean spacer weekly with soap and water and let air dry.

More resources:

How to use a spacer with a mask:

[HealthyChildren.org/English/health-issues/conditions/allergies-asthma/Pages/Spacer-with-a-Mask.aspx](https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/Spacer-with-a-Mask.aspx)

How to use a spacer without a mask:

[HealthyChildren.org/English/health-issues/conditions/allergies-asthma/Pages/Spacer-without-a-Mask.aspx](https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/Spacer-without-a-Mask.aspx)

How to use an MDI closed-mouth inhaler:

[HealthyChildren.org/English/health-issues/conditions/allergies-asthma/Pages/MDI-Closed-Mouth.aspx](https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/MDI-Closed-Mouth.aspx)

