

Answers to your asthma questions

### How will I know if I have asthma?

Do you...

Have a dry hacking cough?

Have a parent or close relative who has asthma?

Feel short of breath when exercising?

Cough at night and early morning?

Suffer from allergies?

Not all asthmatics answer yes to these questions.

If you think you might have asthma, talk to your doctor to get diagnosed and to make an asthma action plan









Wheezing



Bronchitis and



Chest





Lasting

Colds & flus are triggers for 90% of asthmatics



Smoke can trigger asthma



by checking www.spare



Avoid dirty air 20% of patients 70-90% of all with seasonal allergies can develop asthma as a trigger



asthmatics have exercise

## What do I do if I have an attack?



# **EMAIN CALM**

Asthma worsens with panic. Slow your breathing with pursed





# LIMINATE TRIGGERS

Identify and remove triggers like smoke.





# **IT UPRIGHT**

Lying down is not recommended.





# AKE MEDICATION



# When should I call 911?

You don't have your inhaler or it doesn't work

You have trouble walking or talking

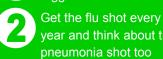
Your lips and fingernails turn blue





Identify and avoid your triggers

Keep your rescue inhaler on you at all times!



year and think about the

If you have persistent asthma, take your controller medicine as prescribed



Talk to you doctor to make an asthma action plan

With exercise induced asthma, use your rescue inhaler before any physical activity

### Did you know?

Inhaled steroids are NOT the same as the steroids abused by some athletes

Anyone can get asthma at any stage in life

Asthma has no cure. But with the right care you can live a normal, healthy life!

Visit www.sacbreathe.org/teenasthma or call (916) 444-5900 to learn more!

