



# CONTROL ASTHMA BEFORE IT CONTROLS YOU

## Answers to your asthma questions

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

Do you...

Have a dry hacking cough?

Cough at night and early morning?

Have a parent or close relative who has asthma?

Suffer from allergies?

Feel short of breath when exercising?

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

### SYMPTOMS

Lasting

Shortness of

Wheezing

Bronchitis and

Chest

### TRIGGERS

Colds & flus are triggers for 90% of asthmatics

Smoke can trigger asthma attacks

Avoid dirty air by checking [www.sparetheair.com](http://www.sparetheair.com)

20% of patients with seasonal allergies can develop asthma

70- 90% of all asthmatics have exercise as a trigger

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

**EMAIN CALM**  
Asthma worsens with panic. Slow your breathing with pursed lips. Breathe in through your nose, out through your mouth.

**ELIMINATE TRIGGERS**  
Identify and remove triggers like smoke.

**IT UPRIGHT**  
Lying down is not recommended.

**AKE MEDICATION**  
Treat your attack soon with your rescue inhaler so your asthma doesn't get worse.

### 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

### How do I manage my asthma?

Identify and avoid your triggers

Keep your rescue inhaler on you at all times!

Get the flu shot every year and think about the pneumonia shot too

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

