

HealthyActions

Achieving Your Goals for Healthy Living



Asthma Do's and Don'ts

Asthma inhalers are small hand-held machines used to send medicine directly to your lungs.

Stay in control, take charge of your asthma, and follow these Do's and Don'ts to be at your breathing best.

DO

Stick to Your Medicine

Taking your asthma medicine the way your doctor tells you to allows you to feel in control of your health.

Be Aware of Your Symptoms

Paying attention to your early warning signs like shortness of breath or tightness in your chest, will help you take quick action helping you to stay on top of your asthma.

Follow Your Asthma Action Plan

Be sure to discuss your action plan with your doctor. Your action plan will guide you to good asthma control. Know your zones and follow your plan.

Stay Calm

Keep calm if you have an asthma attack. Follow your action plan.

Know Your Peak Flow Zones

Peak flow meters are used to check your breathing and these readings allow you to know how you are breathing. It can signal problems early and help to avoid breathing trouble.

Avoid Your Asthma Triggers

Know and stay away from the asthma triggers that make your asthma flare-up or worsen.

Asthma Triggers: Asthma triggers are things that bother your lungs and start or "trigger" asthma symptoms. Triggers include pollen, smoke, dust, animal fur, cold air, or the flu.



Talk to The Right People

Talk with your doctor. Talk to your family, school, or friends about asthma and control. Let them help.



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▶ A **peak flow meter** is a small machine that you can carry with you. It measures how well air moves out of your lungs when you breathe. Peak flow meters are used to check your asthma the way that blood pressure cuffs are used to check high blood pressure.



DON'T

Don't Delay

Know the signs when your asthma is getting worse. Act fast. The faster you act, the faster you will be in control.

Don't Be Around Smoke

Smoking increases and worsens asthma attacks.

Don't Stop Exercising

Be sure to check with your doctor about exercising, sports, and other activities. Staying fit will help to keep you healthy.

Don't Open Windows During Summer and Fall Allergy Seasons

Prevent pollen from entering your home or car. Stay indoors when the pollen count is high (from about 10:00 AM to 4:00 PM). Avoid freshly cut grass.

The Fall and Summer Allergy Season will be different based on where you live. The season may be as long as February to October or later. Watch for any signs and contact your doctor:

Sneezing	Scratchy throat
Congestion	Watery/itchy eyes
Runny nose	Itchiness in ears
Itchiness in the nose	

Don't Have Pets in your Bedroom

Be pet smart. Carpets and cloth-covered furniture trap dander.