



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.

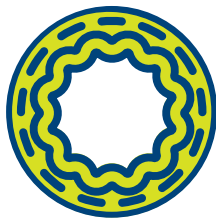
Asthma can be controlled if:

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



Normal airway



Asthmatic airway

Doing well

- I don't have coughing, 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.

Asthma is getting worse

- 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.

Medical alert!

- 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.
- If your symptoms don't get better and you can't reach your doctor, go to the hospital.

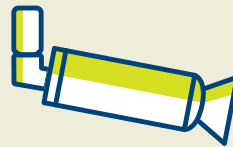
Today we are going to go over how to use your inhaler.



This is an inhaler.

Step 1: Take off the cap.

Step 2: Shake for 5 seconds.



This 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)



Right here. For you.

Our Health Plan complies with federal civil rights laws.
We do not discriminate on the basis of race, color, origin, age, disability, or sex.
Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted.
Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.
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