

## Make an action plan for asthma control!

### Create a plan to use your medicine:

- Take your medicine as you were told.
- Talk to your healthcare provider about when to take your medicine. **Very important!**
- Talk to your healthcare provider before you stop any medication.

### Remove asthma triggers from home:

- Get rid of mold.
- Keep your house clean and without clutter.
- Wash bed sheets with hot water often.
- Have someone vacuum. (not the person with asthma)

### Get rid of cockroaches:

- Have them killed.
- Keep food in tight containers.

## Ask Your Healthcare Provider:

- ✓ How do I check my breathing?
- ✓ How should I take my asthma medicine?
- ✓ How do I remove asthma triggers from my home?
- ✓ How do I exercise with asthma?
- ✓ What is the difference between *long-term medicine* and *quick-relief medicine*?

**Write your questions down before you go into the office**

If you or a family member has asthma, it is very important to learn how to prevent asthma emergencies. There are ways you can remove triggers and learn how to take medicine to help care for asthma.

# ASTHMA



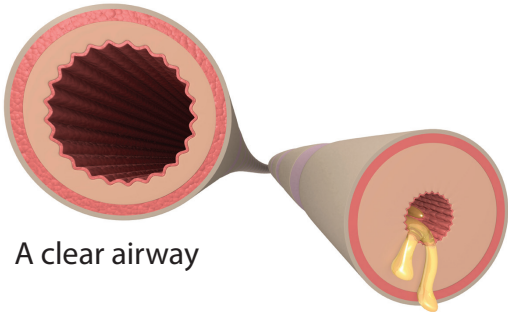
**What can you do to control asthma?**



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## What is asthma?

- There are tubes in your lungs that are called airways. The airways allow air to move throughout your lungs.
- If you have asthma, your airways are a little swollen.
- If something bothers your airways, they can become even more swollen and make too much mucus, a sticky fluid.



A clear airway

A swollen airway  
blocked with mucus

## What is an asthma attack?

- During an asthma attack, the swelling in the airways gets much worse. This causes the airways to become narrow.
- Narrow airways make breathing very difficult.

## Does asthma have signs?

- Coughing all the time (especially at night)
- Trouble breathing
- Whistling sound when trying to breathe (called wheezing)
- Tightness or pain in the chest

## What triggers an asthma attack?

- A trigger is something that causes more swelling in the airways and increases mucus making it very hard to breathe.
- Triggers can start an asthma attack.

**Smoking indoors or inside a car can trigger an asthma attack.**

***Talk to your healthcare provider and create a plan to control asthma.***



## Examples of common triggers

Triggers are not the same for everyone. Talk to your healthcare provider about more triggers.

- Dust mites (little bugs in dust)
- Mold
- Cockroaches
- Animals (tiny flakes from pet skin)
- Cigarette smoke
- Cold air
- Exercise
- Colds and flu