



Asthma Management: What We Can Do At Home

Things to do at home to prevent a hospital visit

Symptom Recognition

- Wheezing
- coughing
- shortness of breath
- chest tightnes or pain
- rapid breathing
- difficuly sleeping



Medication Adherence

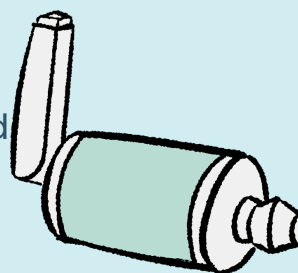


- Take medications as prescribed
- Understand the purpose of each medication
- develop a medication routine
- Refill prescriptions before they run out
- discuss barriers with a healthcare provider

Inhaler technique

Using a Metered-Dise Inhaler (MDI) with a spacer

- 1) Shake the inhaler and insert it into the spacer
- 2) Breath out completely
- 3) Place the spacer mouthpiece in your mouth and seal lips around it
- 4) Press the inhaler once
- 5) Take one slow, deep breath trthrough the spacer
- 6) Hold you breath up to 10 seconds, then exhale slowly



Trigger Avoidence



- Avoid tabacco smoke
- Reduce exposure to allergens
- Limit exposure to pollen
- Avoid air pollution and strong odors
- Prevent respiratory infections
- Protect against cold air
- Manage stress

References

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