






How to Care for Asthma

<p>Activity</p> 	<p>Medicines</p> 	<p>Do Not Use Tobacco</p> 	<p>Food</p> 	<p>When To Call Your Health Care Provider</p> 
<ul style="list-style-type: none"> ■ Get up and out of bed. Your lungs can expand fully when you are standing. This will help you breathe easier and help you get better faster. ■ Slowly increase your activity. Your lungs need time to heal. ■ Limit activities that increase coughing or cause you to be short of breath. ■ Exercise your lungs by taking deep breaths and coughing 5 to 6 times every hour while you are awake. Take a deep breath and hold it as long as you can. Push the air out of your lungs with a deep, strong cough. 	<ul style="list-style-type: none"> ■ Two common types of asthma medicines are: <ul style="list-style-type: none"> □ controllers: used every day to prevent your airway from getting inflamed □ rescuers (relievers): used to keep an asthma flare-up from getting worse. ■ Take your medicines as directed. ■ Your heart rate may increase or you may feel jittery right after taking medicine. This may last for about one hour. Talk with your health care provider if this happens. 	<ul style="list-style-type: none"> ■ Using any form of tobacco, including electronic nicotine delivery systems, is hard on your body. ■ If you need help quitting, talk with your doctor or: <ul style="list-style-type: none"> — Quit Partner <ul style="list-style-type: none"> • 1-800-QUIT-NOW (1-800-784-8669) or quitpartnernm.com — online tobacco cessation support <ul style="list-style-type: none"> • smokefree.gov. 	<ul style="list-style-type: none"> ■ Eat healthful foods, such as: <ul style="list-style-type: none"> — lean meats — low-fat dairy — fruits and vegetables — whole wheat breads and cereals. ■ Drink at least 6 to 8 glasses of liquids a day to help thin the mucus. Water is a good choice. 	<p>Call if you have or your child has any of these:</p> <ul style="list-style-type: none"> ■ breathing very hard or very fast ■ nostrils wide open ■ ribs show, body is hunched ■ feeling anxious due to breathing ■ flu-like symptoms, such as fever, cough, sore throat, runny or stuffy nose, or body aches ■ vomiting or can't keep medicine down ■ mucus becomes yellow or green ■ fever of 101.5 F or higher ■ sudden increase in feeling jittery.

Call 911 if your breathing doesn't get better, you can't talk or if you have blue lips.