



# Victory<sup>★</sup>over Asthma!



**Texas Children's<sup>®</sup>  
Health Plan**

*The best decision a family can make.*

Lots of kids have asthma. But you don't have to suffer from it. You can control your asthma and prevent asthma attacks.



### **When your asthma is under control**

You can do lots of things. When you have control over your asthma you:

- ★ Don't have any asthma symptoms. You won't cough, wheeze or have tightness in your chest.
- ★ Can run and play as hard as you want.
- ★ Won't have asthma attacks.
- ★ Won't have to go the emergency room.



### **Warning signs**

Know your asthma warning signs.

- ★ Tickle in the throat—This might be your first sign of an asthma flare up.
- ★ Coughing—A dry cough that gets worse at night or with exercise.
- ★ Wheezing—A high-pitched whistling sound when breathing out.
- ★ Trouble sleeping—Waking up from sleep because of breathing problems.
- ★ Shortness of breath—Feeling that it is hard to breathe.
- ★ Chest tightness—Feeling as if your chest has been wrapped tightly and you have a hard time catching a full breath.
- ★ Fast breathing—Breathing faster than normal, even when sitting still.



# The three lines of defense against asthma

You can control your asthma! Here is how you do it:

## 1. Watch what you breathe

Keep things that make you have asthma away. These are things like smoke, strong chemicals, colds and flu, and things you are allergic to. People with asthma can be allergic to different things, including dust, furry or feathered pets, cockroaches, mold and/or pollens. Ask your doctor to help you figure out what starts your asthma.



*Everyone should live smoke free. To quit smoking call **1-800-QUIT NOW** for FREE help.*

## 2. Protect your breathing tubes

If your asthma is not in good control, ask your doctor about using a long-term control medication. Long-term control medication prevents asthma problems from starting. When used every day, it keeps the breathing tubes healthy. If you do need a long-term control medicine, use it every day, even when you feel well. Talk to your doctor to see whether a long-term control medicine is right for you.

## 3. Prevent the flare ups

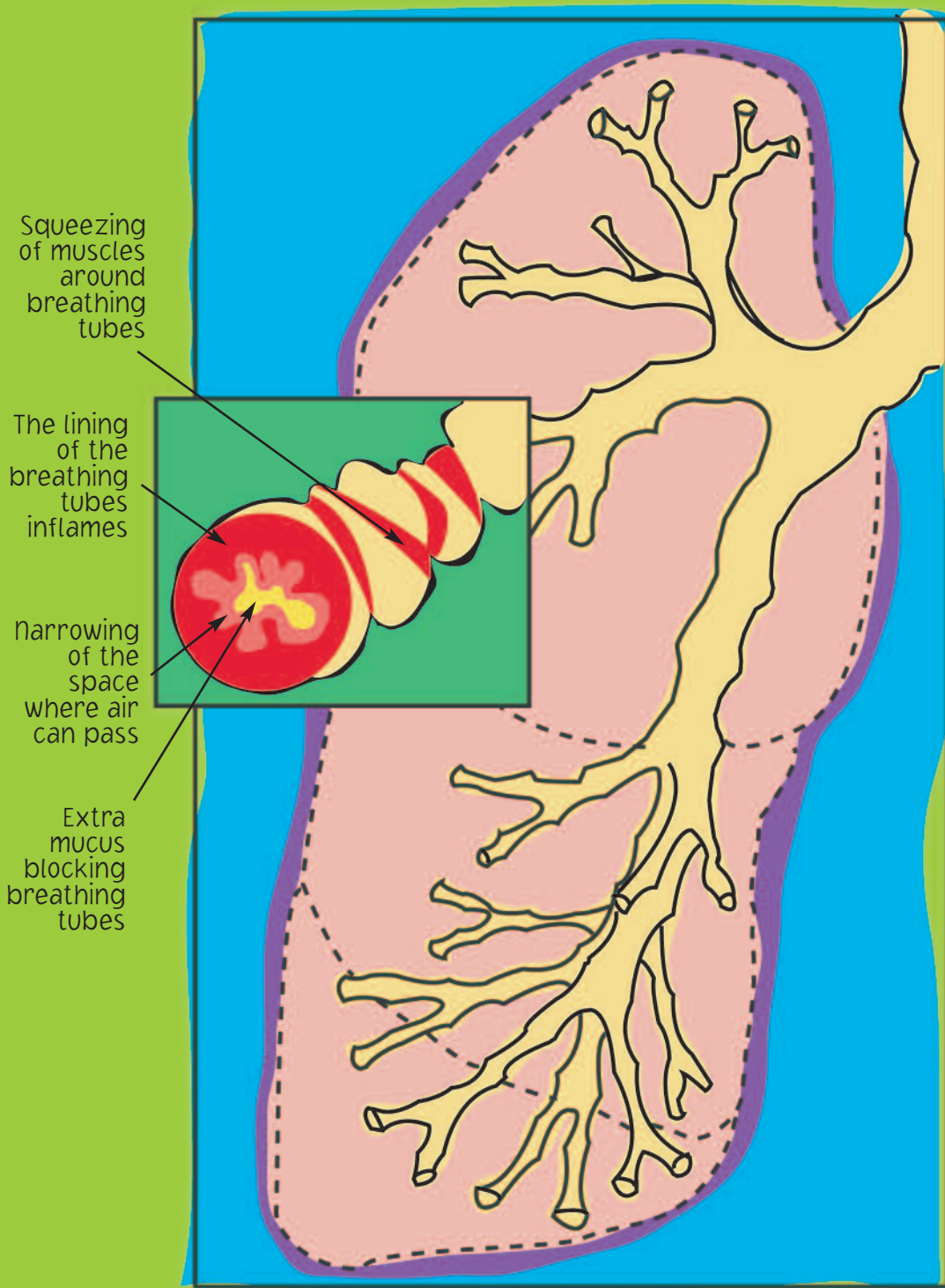
Know your early signs of asthma and take action right away. Ask your doctor for an Asthma Action Plan so you know what to do.

Always  
wash your hands.  
Getting a cold or the flu can  
cause asthma problems. Get  
a flu shot once a year.

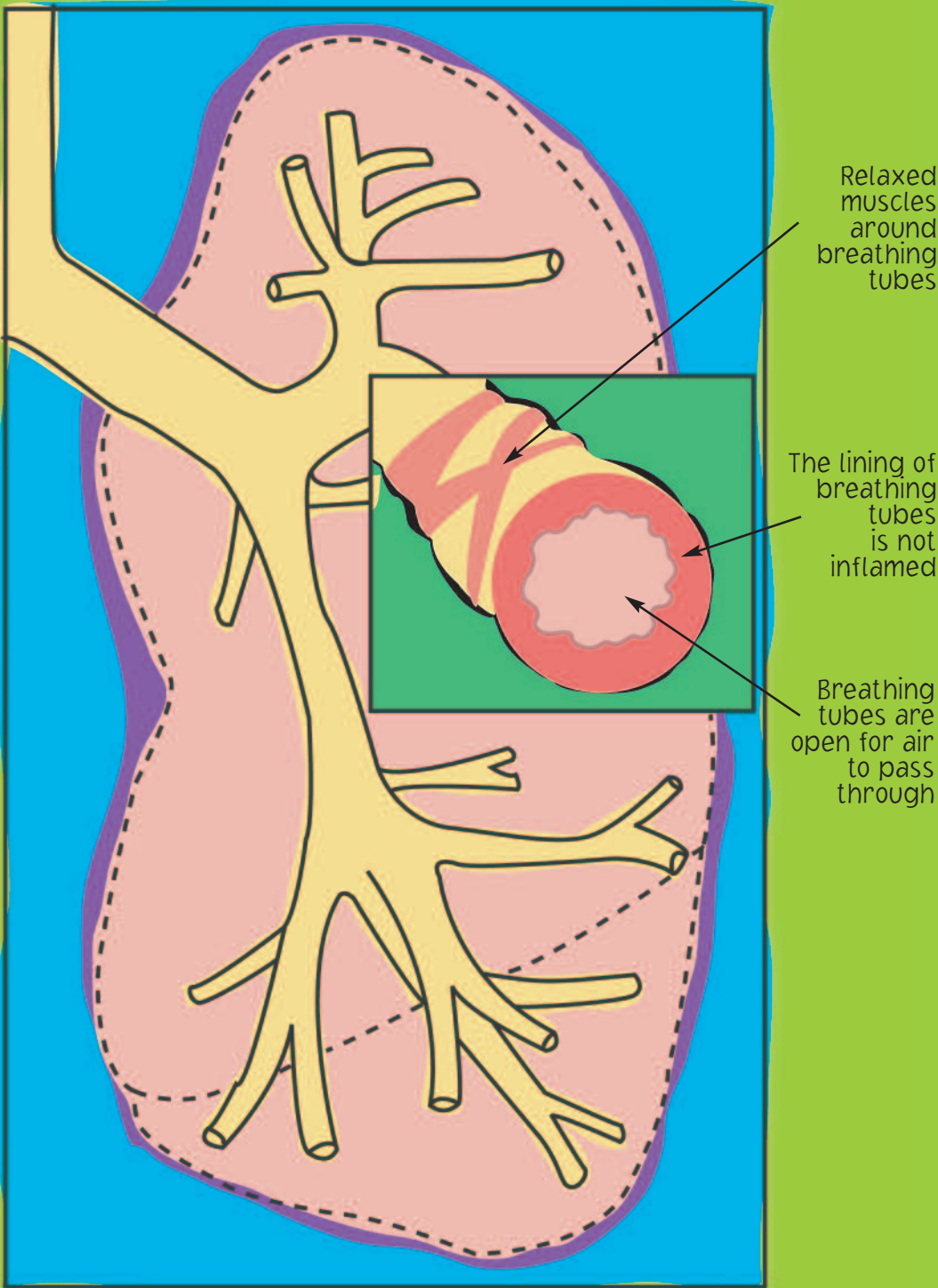




# When your asthma is NOT in control



# When your asthma is in control



# How do asthma inhalers work?

## Quick relief inhalers

These medicines make you feel better quickly. But they only last a short time. Know their limits. If you need to use them more than twice a week it means that your asthma is not in control.

My quick reliever is: \_\_\_\_\_

## Long-term control medication

You may not feel this medicine working. It may have a bad taste. When used every day, it keeps the breathing tubes healthy. So it is harder for asthma problems to start.

After a few weeks of every day use, you will find that asthma problems are getting less and less frequent. Your lungs are feeling better. Asthma flare ups are being prevented.

My long-term control medication is: \_\_\_\_\_

Make sure to ask your doctor which is your **long-term controller** and which is your **quick reliever**.





## **Danger signs**

### **Call 911 if:**

- ! It is hard to speak.
- ! It is hard to walk without stopping to breathe.
- ! Your lips or fingers are turning blue.
- ! Your chest or belly “suck in” with each breath.



## **What you can do to control your asthma**

- ★ First, expect asthma to be in control.
- ★ If it is not in good control talk to your doctor.
- ★ Follow your asthma action plan. This helps you keep your asthma in control and to know what to do in case of asthma problems.





**You can  control your asthma. Expect nothing less!**



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