

# Asthma Quick Facts

## Warning Signs:

- Chest Tightness
- Coughing
- Itchy Eyes
- Runny Nose
- Weakness
- Headache
- Wheezing
- Shortness of Breath
- Dizziness
- Upset Stomach

**Remember!** Warning signs are signals that your asthma is beginning to act up. Not everyone has the same warning signs, so it is important that you know your own.

## Asthma Triggers:

- Cold/Flu
- Dust
- Mold
- Rodents/Cockroaches
- Strong Emotions
- Animals with Fur or Feathers
- Strong Odors
- Pollen
- Air Pollution

**Remember!** Not all triggers affect people the same way, so it is important to know your triggers and ways to avoid them. Still, you can't always avoid being around your triggers, so always carry your quick-relief inhaler.

## Using a Spacer with Your Inhaler:

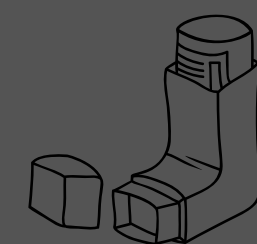
You should use a spacer every time you use an inhaler. This helps get the medicine into your lungs which will help you breathe better.

It's easy! Just follow these simple steps:

1. Remove any candy, food, or gum from your mouth.



2. Remove the cap of the inhaler and make sure it is clean.



3. Shake the inhaler for five seconds.



4. Stand up straight.



5. Breathe out slowly (away from inhaler) to empty your lungs completely.



6. Close your lips around the inhaler mouthpiece.



7. Take a slow breath in, press down on the inhaler one time, and breathe in.



8. Hold your breath for 10 seconds and then breathe out.



9. Breathe normally for 45 seconds.

45

10. When taking the next puff of your medication, repeat steps 3-8.



11. If you are using a long-term controller inhaler, rinse your mouth with water and spit it out.

