

## For Information on Asthma Resources:

- ☺ American Lung Association and San Diego Childhood Asthma Initiative  
1-800-LUNG-USA, [www.lungsandiego.org](http://www.lungsandiego.org)
- ☺ Council of Community Clinics  
1-800-640-1662, [www.ccc-sd.org](http://www.ccc-sd.org)
- ☺ InfoLine of San Diego County  
1-619-230-0997  
[www.informsandiego.org](http://www.informsandiego.org)
- ☺ San Diego Kids Health Insurance Network  
1-800-675-2229, [www.sdkhan.org](http://www.sdkhan.org)
- ☺ Allergy & Asthma Network Mothers of Asthmatics, 1-800-878-4403  
[www.aanma.org](http://www.aanma.org)
- ☺ American Academy of Allergy, Asthma & Immunology, 1-800-822-2762, [www.aaaai.org](http://www.aaaai.org)
- ☺ Asthma, Allergy Foundation of America  
1-800-7-ASTHMA, [www.aafa.org](http://www.aafa.org)
- ☺ National Jewish Medical & Research Center  
1-800-222-LUNG, [www.nationaljewish.org](http://www.nationaljewish.org)

This list is for informational purposes only and is not necessarily accurate or comprehensive. It does not constitute an endorsement or recommendation from the San Diego Regional Asthma Coalition.

### San Diego Regional Asthma Coalition

The San Diego Regional Asthma Coalition is a collaborative of diverse agencies and individuals committed to providing leadership in identifying, developing, mobilizing and coordinating resources to prevent asthma and positively impact the lives of people affected by asthma. For more information about the Asthma Coalition, please call:

1-800-LUNG-USA



# Emergency!

**Call your doctor or get medical help**

**IMMEDIATELY if you see any of these symptoms:**

- ✓ Quick relief medicine is not working after 20 minutes
- ✓ Hard time walking, talking or eating
- ✓ Your child has a weak cry
- ✓ Breathing faster than usual

## Call 9-1-1



- ✓ **If lips, skin or fingernails turn blue or gray**
- ✓ **Neck or rib area sucks in when breathing**

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*When You Can't Breathe, Nothing Else Matters®*  
Contact your  AMERICAN LUNG ASSOCIATION.  
at 1-800-LUNG-USA or online at [www.lungsandiego.org](http://www.lungsandiego.org)

March 2004



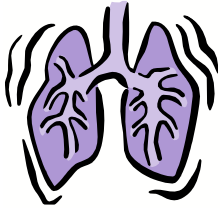
# Asthma Information for All Ages



## What is Asthma?

Asthma is a condition that affects the airways in the lungs.

Asthma causes the airways to narrow, making it harder for air to get in and out of the lungs.



## Signs & Symptoms of Asthma

- ⌚ Coughing (day or night)
- ⌚ Wheezing
- ⌚ Chest tightness
- ⌚ Fatigue
- ⌚ Frequent respiratory infections (cold & flu)

## Common Triggers

- ⌚ Allergens or irritants such as: animal fur or dander, pollen, mold, smoke, pollution, dust mites, and cockroaches
- ⌚ Respiratory infections or colds
- ⌚ Weather changes
- ⌚ Acid reflux
- ⌚ Exercise (can be controlled)
- ⌚ Medications or foods
- ⌚ Laughing, crying or stress
- ⌚ Strong smells

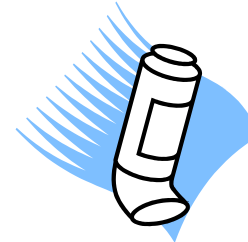
## Medicines Commonly Used in Asthma

Your health care provider will prescribe any of the following types of medications:

### ⌚ **Bronchodilator**

(rescue medication to quickly open airways) such as *Albuterol*, *Proventil* or *Ventolin*

- ### ⌚ **Anti-inflammatory** (daily medication to keep airways open) such as *Flovent*, *Azmacort*, *QVAR*, *Advair*, *Pulmicort* or *Singular* (Italics represent trademark products).



## Follow the

## Rules of Two

- ▶ Do you take your rescue medication more than TWO times per week?
- ▶ Do you wake up at night with asthma more than TWO times per month?
- ▶ Do you refill your rescue inhaler more than TWO times per year?

If you can answer “yes” to any one of these questions, your asthma may not be well controlled. Please check with your healthcare provider.



## Living with Asthma

To help control your asthma:

- ⌚ Get regular check ups from the provider who cares for your asthma
- ⌚ Identify allergies with your provider & avoid asthma triggers when you can
- ⌚ Develop an asthma action plan with your provider and follow it
- ⌚ Use medications as prescribed, and make sure you understand how to use medical devices
- ⌚ Monitor your peak flow regularly (A peak flow meter measures the air flow out of the lungs and can warn of a breathing problem before an emergency occurs)
- ⌚ If your child has asthma, tell the school staff and arrange for your child to use medication while at school or childcare
- ⌚ Eat healthy foods, drink plenty of water, get enough sleep, exercise regularly & get a flu shot

## What to do?

If your asthma is not well-controlled, talk to your healthcare provider about your life-style, environment, and medication. Contact the Council of Community Clinics for a referral at 1-800-640-1662

