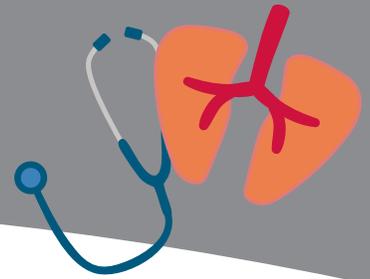




# Tips for Keeping Your Asthma In Control



Asthma is a disease that affects your lungs by causing frequent wheezing, breathlessness, chest tightness, and coughing. It is one of the most common long-term diseases of children, but adults can have asthma, too.

During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the airways, making it difficult to breathe.

While there isn't a way to prevent asthma, there are many ways to manage it. By following the tips below, you can help keep your asthma under control.<sup>1</sup>



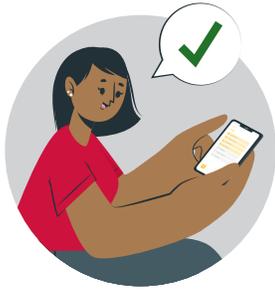
## Get Checked

- It can be hard to tell if someone has asthma, especially in children under age 5. Having your healthcare provider check how well your lungs work, and check for allergies, can help you find out if you have asthma.
- Your healthcare provider may also do a breathing test to find out how well your lungs are working.



## Take Your Medication

- Asthma medicines come in two types – quick-relief and long-term control. Some medicines can be inhaled, or breathed in, and some can be taken as a pill.
- Knowing how and when to take your medication will help you manage your asthma. Always ask questions if you don't understand something.



## Make an Asthma Action Plan<sup>3</sup>

- Work with your healthcare provider to create an asthma action plan that works best for you.
- Decide who should have a copy of your plan and where it should be kept.
- Make sure you follow your plan, and have a rescue inhaler available for emergencies.



## Know the Warning Signs

- When you can't avoid your asthma triggers, it's important to know the warning signs of an asthma attack.
- Warning signs include wheezing, breathlessness, and chest tightness.

## Avoid Your Triggers<sup>2</sup>

- An asthma attack can happen when you are exposed to “asthma triggers.”
- Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, pets, mold, and harsh cleaning products.
- Be aware of your triggers and try your best to avoid them.
- If you are a renter and you discover mold in your home, contact your landlord immediately. If the landlord does not address the problem, contact your local housing authority or local code enforcement office.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



*Bridge to Health is a community partnership program brought to you by Quest Diagnostics.*

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<sup>1</sup> Learn How To Control Asthma. Centers for Disease Control and Prevention website. Reviewed July 1, 2021. Accessed July 15, 2021. <https://www.cdc.gov/asthma/faqs.htm>.

<sup>2</sup> Common Asthma Triggers. Centers for Disease Control and Prevention website. Reviewed August 21, 2020. Accessed July 15, 2021. <https://www.cdc.gov/asthma/triggers.html>.

<sup>3</sup> Asthma Action Plan. Centers for Disease Control and Prevention website. Reviewed December 4, 2020. Accessed July 15, 2021. <https://www.cdc.gov/asthma/actionplan.html>.