



# Don't Let Asthma

## *Slow You Down!*

## You can keep moving

- You can stop wheezing.
- You can prevent sinusitis and other complications.
- You can prevent an acute asthma attack.
- You can stay active.
- You can sleep through the night.
- Together, you and your doctor can make a written Asthma Action Plan that works best for you to keep you moving.

## You can control your asthma

Almost all patients can become free of symptoms with proper treatment.

Talk to your doctor about developing your personal written Asthma Action Plan.

Working with your doctor will give you the tools you need to control your asthma – and enjoy your life.

## Your Asthma Action Plan

A good action plan will teach you to:

1. Know your triggers and always avoid them. Triggers are those things that cause your airways to swell.

### Common Triggers

- Pollens and molds
  - House dust mites
  - Animal dander
  - Cockroach droppings
  - Tobacco smoke
  - Wood smoke
  - Strong odors
2. Know the warning signs that an asthma episode may be approaching.
  3. Use your peak flow meter, a simple device that tells you how well you are breathing.
  4. Use your inhaler and medications properly.
  5. Make exercise a part of your daily routine.

## Helpful Hints

- Keep windows closed when pollens and molds are high.
- Put your mattress and pillows in airtight covers.
- Use a dust mask when you vacuum.
- Rid your home of cockroaches.
- Clean your bathroom, kitchen and basement regularly to get rid of mold.
- Don't smoke.
- Avoid other people's smoke.

## Resources

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For more information, call our Health Education Department at 410-528-7997 or 800-323-4472.

Visit our Web site at [www.carefirst.com](http://www.carefirst.com)  
Click on *My Care First*, our health and wellness page.

In addition, the following organizations provide information about asthma:

**The American Lung Association of Maryland, Inc.**

1840 York Road, Suite M  
Timonium, MD 21093  
410-560-2120  
800-492-7527

**National Asthma Education Program**

P.O. Box 30105  
Bethesda, MD 20824-0105  
301-951-3260

**Asthma and Allergy Foundation of America**

1125 15th Street, NW, Suite 502  
Washington, DC 20005  
202-466-7643  
800-7-ASTHMA