

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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information only. It does not replace
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To get this information in other
languages and accessible formats,
please call Member Services. This
number is on the back of your
Member ID card.

MolinaHealthcare.com



Asthma



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What is asthma?

Asthma is a chronic disease that affects the airways in your lungs. When you have an asthma attack, your airways swell. This makes it hard to breathe.

What are the symptoms of an asthma attack?

- Coughing
- Wheezing
- Shortness of breath
- Tightness or pain in your chest

What is an asthma trigger?

An asthma trigger causes your airways to swell. Check the items that cause you to have asthma symptoms:

- Exercise
- Illness, colds
- Dust
- Pollen
- Emotions
- Mold or Mildew
- Pet dander
- Certain foods: _____
- Tobacco or wood smoke
- Strong odors
- Other: _____

How can you prevent asthma attacks?

- Take your asthma medicine as prescribed by your provider.
- Follow your asthma action plan. If you do not have an action plan, talk to your provider.

- Wash sheets and blankets every week in hot water.
- Use allergen-proof pillow and mattress covers.
- Dust, vacuum and mop often.
- Keep windows closed to limit house dust.
- Do not smoke inside your house.
- Keep pets out of your bedroom.
- Run exhaust fans in your bathroom. This will help reduce mold and mildew.

Is there medicine to help control your asthma?

Yes. There are two types of asthma medicines.

- **Controller medicines** help prevent asthma symptoms. Use them each day as prescribed by your provider. Talk to your provider about how long your medicine will last. Refill your medicine 5 to 7 days before it is gone.
- **Rescue or quick relief medicines** act quickly to open your airways and make it easier to breathe. Use these medicines to treat an asthma attack.

Discuss your asthma triggers with your provider and family. You can work together to avoid the triggers and keep your asthma under control.