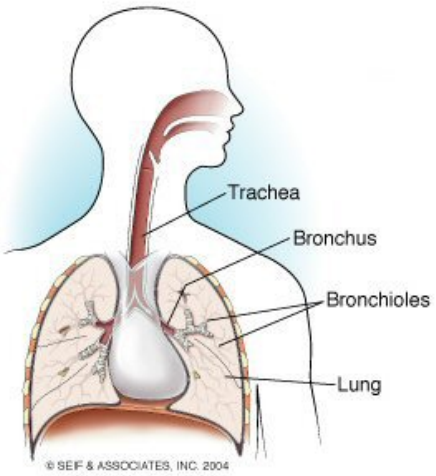
Asthma, F.L.A.R.E.

Most people with asthma do not get so sick that they need emergency care. If you are getting emergency care, it may mean:

- You are not taking your asthma medicine the right way.
- Your doctor has not given you any or enough long-term control medicine.
- Some of your medicines may need to be changed.
- You are exposed to triggers that start your asthma.



F

FOLLOW UP WITH YOUR PRIMARY DOCTOR. CALL TO MAKE AN APOINTMENT TO BE SEEN WITHIN _____ DAYS.

- If you have trouble making an appointment, ask to speak to the office nurse.
- If you do not have a primary doctor, call _____ to get one.

At the follow-up appointment:

- Bring all of your medicine and this plan with you.
- Make a plan with your doctor that you can follow every day. This will keep your asthma under control.
- Write down your questions and your doctor's answers.

L

LEARN ABOUT YOUR ASTHMA MEDICINES. TAKE ALL OF THESE MEDICINES JUST AS THE DOCTOR TELLS YOU. TAKE YOUR MEDICINE EVEN IF YOU ARE FEELING MUCH BETTER.

Kind of medicine	Name of medicine	How much	How often and how long you need to take it
Quick-relief (rescue)			
Long-term control			
Steroid pills or syrup			

A

ASTHMA IS A LIFE-LONG DISEASE.

Your breathing should get better after getting emergency care. You still need to get control of your asthma.

- If you use quick-relief medicine more than 2 times per week, then your asthma is not under control. You need to see your doctor or an asthma specialist to make a plan to get control of your asthma.
- Take long-term control medicine every day as direstd by your doctor.
- Figure out what things make your asthma flare up. Stay away from these triggers.

R

RESPOND TO THESE WARNING SIGNS THAT YOUR ASTHMA IS GETTING WORSE:

- Your chest feels tight.
- You are short of breath.
- You are wheezing.
- You are coughing.
- Your peak flow is getting low.

Keep taking your medicines as prescribed and call your doctor.

E

EMERGENCY CARE MAY BE NEEDED IF YOU:

- Have trouble talking, breathing, or start to wheeze.
- Are working hard to breathe (may see skin sucking in at rib cage or above breast bone).
- Need to use quick-relief medicine more often than every 4 hours.
- See your peak flow dropping.

Take your quick-relief medicine and wait 20 minutes. If you do not feel better, take it again and wait 20 minutes. If you still do not feel better, take it again and **call your local emergency services (911 in U.S.)** right away.

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