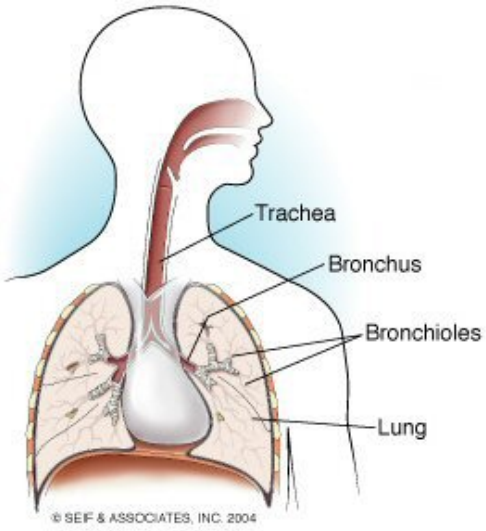
Asthma, Adult

Asthma is a disease of the lungs and can make it hard to breathe. Asthma cannot be cured, but medicine can help control it. Asthma may be started (*triggered*) by:

- Pollen.
- Dust.
- Animal skin flakes (*dander*).
- Molds.
- Foods.
- Respiratory infections (colds, flu).
- Smoke.
- Exercise.
- Stress.
- Other things that cause allergic reactions or allergies (*allergens*).



HOME CARE

- Talk to your doctor about how to manage your attacks at home. This may include:
  - Using a tool called a peak flow meter.
  - Having medicine ready to stop the attack.
- Take all medicine as told by your doctor.
- Wash bed sheets and blankets every week in hot water and put them in the dryer.
- Drink enough water and fluids to keep your pee clear or pale yellow.
- Always be ready to get emergency help. Write down the phone number for your doctor. Keep it where you can easily find it.
- Talk about exercise routines with your doctor.
- If animal dander is causing your asthma, you may need to find a new home for your pet(s).

GET HELP IF:

- You have muscle aches.
- You cough more.
- You have a temperature by mouth above 102° F (38.9° C).

GET HELP RIGHT AWAY IF:

- You have chest pain.
- Your mucus (*sputum*) changes to yellow, green, gray, or bloody.
- Medicine does not stop your wheezing.
- You have problems breathing.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your medicine causes:
  - A rash.
  - Itching.
  - Puffiness (*swelling*).
  - Breathing problems.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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