

## How to Manage Asthma

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Do you or does a loved one have asthma? Learn how to take control to limit attacks and ease them when they happen.

- **Stick to a medication routine.** Controlling your asthma daily may include prescription medications such as corticosteroids. They can reduce inflammation and mucus production in your lungs. Take your medications regularly. Over time, you'll have fewer and milder attacks.
- **Plan ahead.** When you leave home, bring your quick-relief inhaler. Let people at school or work know that you have asthma and may need help if an attack occurs.
- **Exercise safely.** Quick-relief inhalers may be recommended for use. Talk to your doctor about what you should do.
- **Use your quick-relief inhaler as soon as you start feeling symptoms.** To use it, shake the inhaler 10 to 15 times, breathe deeply in and out, then put the inhaler between your lips to get a good seal. Start to slowly breathe in before you depress the inhaler and continue breathing in slowly while you depress it and after you release it. Hold your breath for 10 to 15 seconds and then breathe out slowly through your mouth.
- **Call 911 or go to the emergency room if breathing is still very hard after taking your meds.** To learn more, make an appointment to talk with your provider.

## Know the Signs ✓

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When you have an asthma attack, the walls of your lungs' airways swell, making less room for air. Mucus also reduces airflow.

- Coughing
- Tightness in chest
- Wheezing
- Being unable to do regular activities because you're short of breath
- Feeling tired

## Reduce your Triggers ✓

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The causes of asthma attacks can be different for everyone. Common triggers include:

- Pets
- Tobacco
- Mold
- Dust Mites
- Cockroach allergen
- Outdoor air pollution
- Smoke from burning wood or grass

# Asthma Resources

We want your feedback.  
Take our quick survey!



## Ask for Help if You Need It

To find out more, check out our health education website! There are articles and videos to help you control your asthma. You can learn about your medications, what can trigger asthma, and how to manage it. Visit the site at [healthed.cchealth.org/Conditions/Asthma/](https://healthed.cchealth.org/Conditions/Asthma/) or scan the QR code.



## Contra Costa Health Asthma Management Services

If your asthma is poorly controlled, you may have asthma triggers in your home removed. You can get things like improved ventilation in your home, air filters, dehumidifiers, and filtered vacuum cleaners.

Talk to your case manager, PCP, or other provider about getting a referral to enroll in this service.

You can also call CCHP Member Services, Monday – Friday, 8am – 5pm, at **1-877-661-6230** (press 2) (TTY 711).

## CCHP Asthma Education Class

CCHP's new asthma education class is now available! In this online class, we talk about what asthma is, how to control it, what may be a trigger, and how CCHP can help.

Check out our new videos to learn more about asthma!



If you are interested in booking a live class, email us at [HealthEducation@cchealth.org](mailto:HealthEducation@cchealth.org).

## More Asthma Resources

### American Lung Association

<https://www.lung.org/about-us>

### Environmental Protection Agency (EPA) Reducing Asthma Triggers

<https://www.epa.gov/asthma/asthma-triggers-gain-control>

