



sunshine health™

# My Asthma Diary I'm taking control!



# The doctor says I have asthma.

## What does that mean?

Lots of people – kids *and* adults – have asthma  
You're not alone.

Asthma is when air can't get into your lungs and you have trouble breathing<sup>1</sup>.

### ► It causes:



WHEEZING



COUGH



BREATHLESSNESS



CHEST TIGHTNESS

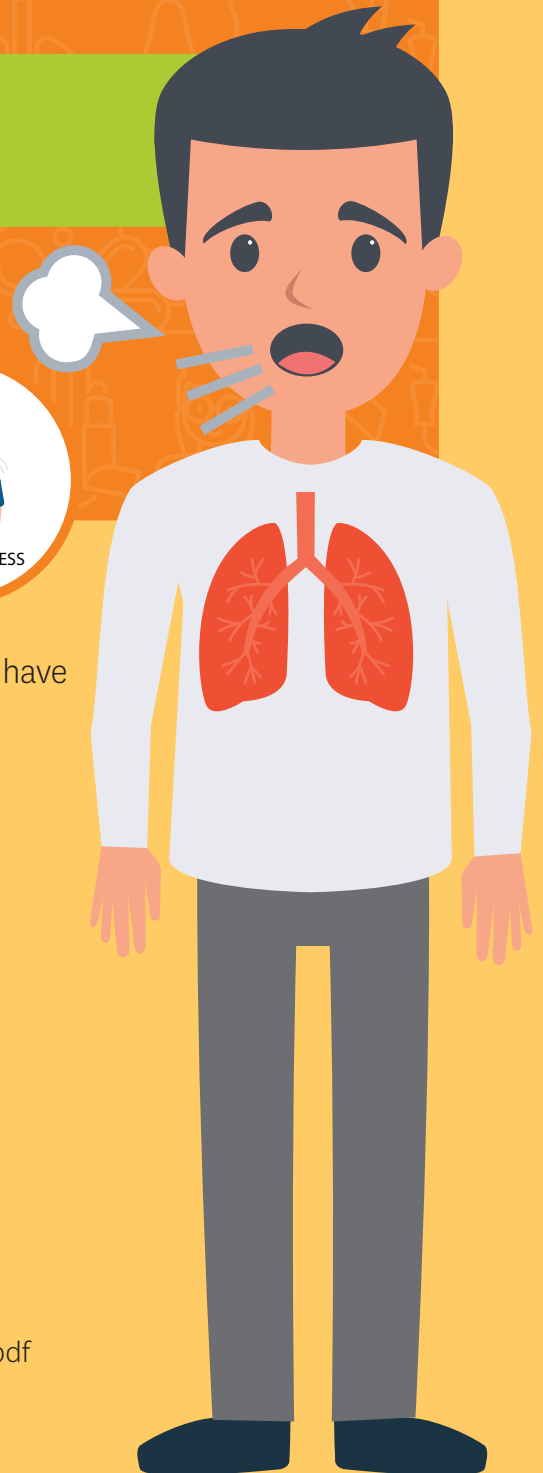
If you have asthma, you have it all the time, but you will have attacks only when something bothers your lungs.<sup>2</sup>

### You can control your asthma when you:

- 1 Know the warning signs of an attack
- 2 Stay away from things that cause an attack
- 3 Follow your doctor's advice

<sup>1</sup> Adapted from [https://www.cdc.gov/asthma/pdfs/kids\\_fast\\_facts.pdf](https://www.cdc.gov/asthma/pdfs/kids_fast_facts.pdf)

<sup>2</sup> Adapted from <https://www.cdc.gov/asthma/faqs.htm>





I'm a kid.  
What can I do?

Believe it or not, a diary like this one can be your best friend!

- ▶ When you have an attack, write down what you were doing and where you were on the charts provided in the back of this diary.

Then have your diary ready the next time you go to the doctor. Your doctor may change your medicine based on what you wrote down.





# I have asthma.

## Can I still play and exercise outside?

# Yes, you can!

- ▶ Exercise is one of the best things you can do to build up your lungs!

Here are some tips to do it the right way<sup>1</sup>:

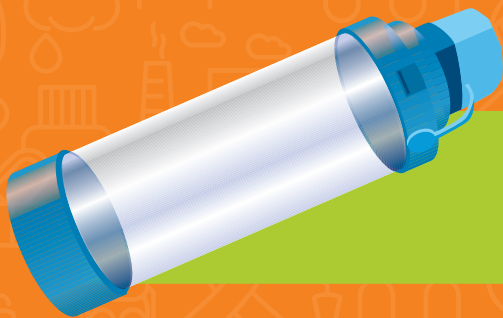
- Go easy**  
Start slowly and finish with a cool-down.
- Take a buddy**  
Besides being more fun, it's a lot safer, too!
- Know your triggers**  
Stay away from things that can trigger your asthma.
- Take breaks**  
Catch your breath and drink plenty of water.
- Mix it up**  
If you play tag one day, take a long walk the next day.
- Check air quality**  
Use your computer to see how clean the air is.



<sup>1</sup> Adapted from [https://www.cdc.gov/asthma/pdfs/kids\\_fast\\_facts.pdf](https://www.cdc.gov/asthma/pdfs/kids_fast_facts.pdf)

# What's an inhaler?

Your inhaler helps the medication get into your lungs.



# What's a spacer?

The spacer helps your inhaler work even better!

Here's how to use it<sup>1, 2</sup>:

- 1** Take the cap off the inhaler and spacer, then shake the inhaler hard 10-15 times
- 2** Attach the spacer to the inhaler
- 3** Take a deep breath, then let it out gently
- 4** Put the spacer between your teeth and close your lips around it
- 5** Keep your chin up, press down on the inhaler to spray one dose of medicine
- 6** Breathe slowly and hold it for 5-10 seconds
- 7** Take the spacer out of your mouth
- 8** Hold your breath and count to 10 if you can
- 9** Slowly breathe out through your mouth

<sup>1</sup> Adapted from <https://medlineplus.gov/ency/patientinstructions/000042.htm>

<sup>2</sup> Adapted from [https://www.cdc.gov/asthma/pdfs/Inhaler\\_Spacer\\_FactSheet.pdf](https://www.cdc.gov/asthma/pdfs/Inhaler_Spacer_FactSheet.pdf)

# Keeping my spacer clean

Your inhaler has a hole where medicine sprays out.

If you see powder in or around the hole, clean your inhaler.

Then you<sup>1</sup>:



Remove the metal canister from the L-shaped plastic mouthpiece.



Rinse only the mouthpiece and cap in warm water.



Let them air dry overnight.



In the morning, put the canister back inside, then put the cap on. DO NOT rinse any other parts.



<sup>1</sup> Adapted from <https://medlineplus.gov/ency/patientinstructions/000042.htm>

# So what should I do when I have an attack?

Sometimes you can do everything right and still have a serious attack. Remember, it's not your fault.

Do you know what to do when you have an attack? Make sure you do!

Your doctor can help you make an asthma action plan. Then you and your parents can share it with people who need it, like your teachers, babysitters and other members of your family.



## The action plan's rescue program might include<sup>1</sup>:

- Emergency phone numbers
- Your warning signs
- Steps to take in an attack and when to call the doctor
- Your inhaler's peak flow meter readings
- Names of the medications to use as an attack worsens
- Tips on when you should go to the emergency room  
(See Page 9)

<sup>1</sup> Adapted from [https://www.epa.gov/sites/production/files/2013-08/documents/ll\\_asthma\\_brochure.pdf](https://www.epa.gov/sites/production/files/2013-08/documents/ll_asthma_brochure.pdf)

# When should I go to the emergency room?

One day, your attack might be so serious that you need special help.



**Make sure your family and school knows that you need emergency care if anything like this happens<sup>2</sup>:**

- ⚠ Fast breathing with chest retractions (skin sucks in between or around the chest plate and/or rib bones when inhaling)
- ⚠ Very pale or blue coloring in the face, lips or fingernails
- ⚠ Rapid movement of nostrils
- ⚠ Ribs or stomach move in and out deeply and rapidly
- ⚠ Expanded chest doesn't deflate when you exhale
- ⚠ Infants with asthma fail to respond to or recognize parents

<sup>2</sup> Adapted from <https://www.aafa.org/asthma-symptoms/>

# My Asthma Diary

## What makes me have an attack?

Date the asthma got worse:

Where was I?



Home



School



Outdoors



Restaurant

Other

What was near me? *If none of these, what was I near?*



Strong smells



Smoke



Cleaning supplies



Dust



Pollen



Pets



Insects in the house



Mold



Food



Hot or cold weather

How was I feeling?



Sad



Angry



Fearful



Sick

Other

What was I doing?



Playing



Exercising



Laughing



Sleeping

Other

What were my symptoms? *If none of these, what were they?*



Short breaths



Difficulty breathing



Dry cough



Wheezing



Chest pain or tightness

How did I get better? \_\_\_\_\_

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Sunshine Health provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-855-463-4100, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-855-463-4100, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Sunshine Health, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-855-463-4100 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Sunshine Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-855-463-4100 (TTY 1-800-955-8770).

Sunshine Health, P.O. Box 459088, Fort Lauderdale, FL 33345-9088

**1-855-463-4100** (TTY 1-800-955-8770)

Monday-Friday: 8 a.m. to 8 p.m.

After hours, follow prompt for the 24-hour Nurse Advice Line.

**SunshineHealth.com**



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