



sunshine health™

My Asthma Diary I'm taking control!

My doctor's name: _____

My everyday medication is: _____

My rescue medication is: _____

Also, the plan does not guarantee any health results. You should review your plan or call Member Services to find out if a service is covered.

Go to an urgent care or call 911 right away during a health emergency.

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 breathing¹.

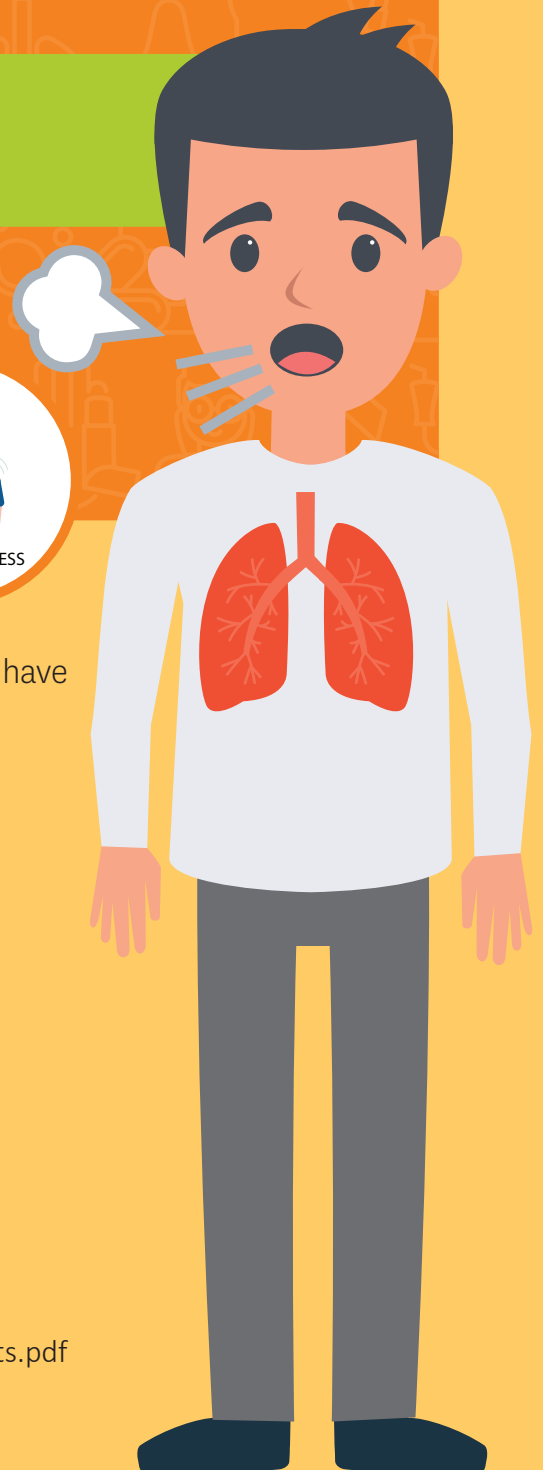
► It causes:



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

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



¹ Adapted from https://www.cdc.gov/asthma/pdfs/kids_fast_facts.pdf

² 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!

- [illegible]

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 way¹:



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

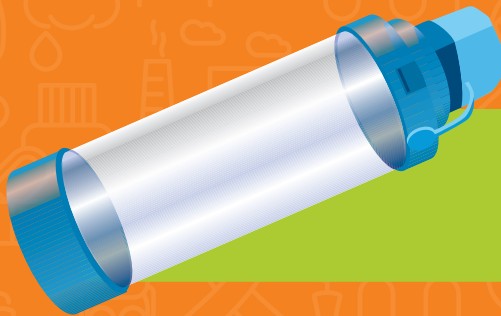
Use your computer to see how clean the air is.



¹ Adapted from 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^{1, 2}:

- 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

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

² Adapted from 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 you¹:



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



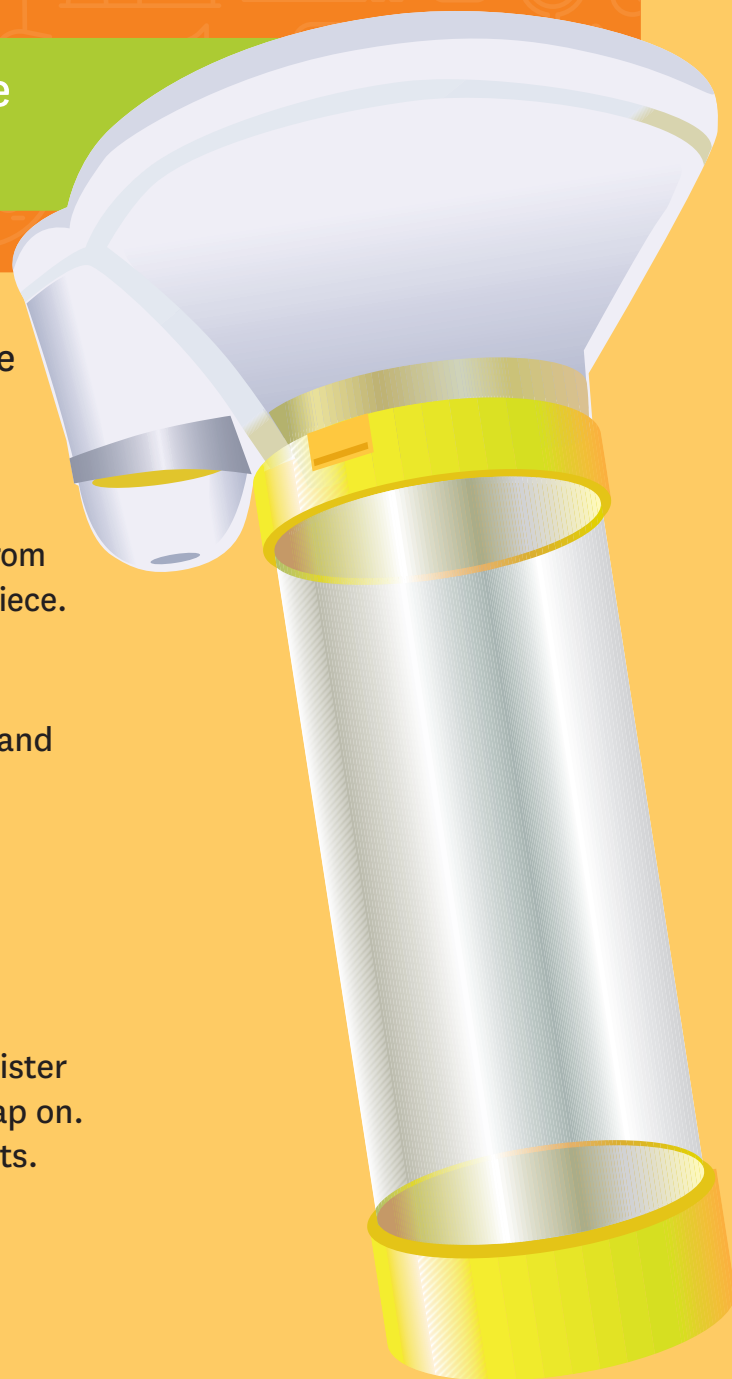
Rinse only the mouthpiece and cap in warm water.



Let them air dry overnight.



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



¹ 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 include¹:

- ☒ 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)

¹ Adapted from 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 happens²:



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

² 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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This information is available for free in other formats and languages. Please contact Member Services at 1-866-796-0530 (TTY 1-800-955-8770) Monday through Friday, 8 a.m. to 8 p.m.

Sunshine Health complies with applicable Federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin, age, disability, sex, pregnancy or sexual orientation. Sunshine Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact us at the number above. If you believe that Sunshine Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, pregnancy or sexual orientation, you can file a grievance with: 1557 Coordinator, P.O. Box 31384, Tampa, FL 33631, Phone: 1-833-236-9680 (TTY 711), Fax: 1-866-388-1769, Email: SM_Section1557Coord@centene.com.

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our 1557 Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TTY). Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>. This notice is available at Sunshine Health's website: SunshineHealth.com/non-discrimination.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-866-796-0530, 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 1-866-796-0530 (TTY 1-800-955-8770).

Ces informations sont disponibles gratuitement dans d'autres langues. Veuillez contacter les services aux membres au 1-866-796-0530, TTY 1-800-955-8770 du lundi au vendredi, de 8 heures à 20 heures.

Queste informazioni sono disponibili gratuitamente in altre lingue. Contattare il Servizio Membri al 1-866-796-0530, TTY 1-800-955-8770 dal lunedì al venerdì, dalle 8:00 alle 20:00

Эту информацию можно бесплатно получить на других языках. Обращайтесь в Отдел обслуживания по телефону 1-866-796-0530, телефону с текстовым дисплеем 1-800-955-8770 с понедельника по пятницу с 8:00 до 20:00.

1-866-796-0530 (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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