

GET VACCINATED

- ✓ Get a FLU vaccination every year (Flu Season: October – May)



MEDICATION – Rescue Inhaler

- ✓ Make sure inhalers are not empty or out of date
- ✓ Always carry your rescue/reliever inhaler
- ✓ Check your inhaler technique with your doctor



KNOW YOUR TRIGGERS

- ✓ Triggers may be:
 - Stress/anxiety
 - Change of environment/seasons
 - Animals
 - Mold
 - Cleaning products

MY ASTHMA CHECKLIST



MEDICATION – Asthma Controller

- ✓ Consider controllers when you use your rescue inhaler more than 2x a week
- ✓ Check your inhaler technique with your doctor
- ✓ Taken DAILY even when you feel well

QUIT SMOKING

- ✓ Ask your doctor for referrals on smoking cessation referrals
- ✓ Try to stay away from people who smoke



ASTHMA ACTION PLAN

- ✓ Have an up-to-date asthma action plan
- ✓ A plan helps identify what to do when well, unwell or need help in an emergency



For more information, go to NYS website for your Asthma Tool Kit:
<http://www1.nyc.gov/site/doh/health/health-topics/asthma.page>



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