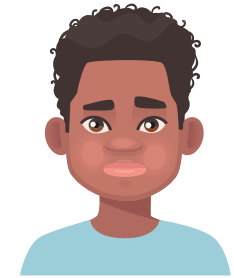
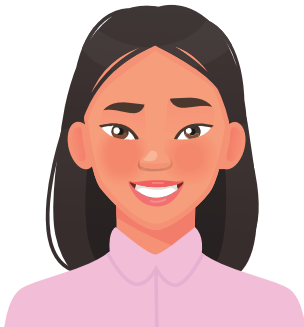


TIPS TO CONTROL YOUR CHILD'S ASTHMA

The Centers for Disease Control and Prevention (CDC) recommends that parents and caregivers use EXHALE strategies - individually or in combination - to help control their child's asthma.



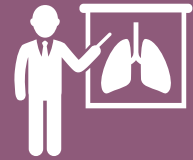
EXHALE CAN HELP:

- Reduce asthma symptoms
- Prevent asthma attacks
- Reduce limitations on physical activities
 - Reduce missed days from school
- Avoid hospitalizations and ER visits

E

Education on Asthma Self-Management

- Teach your child about asthma in a way they can understand.
- Talk with your child's doctor about creating an Asthma Action Plan.



X

X-tinguishing Smoking and Exposure to Secondhand Smoke

- If you smoke, seek resources to help you quit, such as the CDC's QUITLINE (1-800-QUIT-NOW).
- Do not smoke or allow smoking around your child. It can trigger asthma symptoms.



H

Home Visits for Trigger Reduction and Asthma Self-Management Education

- Reduce asthma triggers at your home, such as mold, dust mites, cockroaches, secondhand smoke, and pet dander.
- Check to see if you are eligible for home visits with your doctor, insurance provider, or social worker.



A

Achievement of Guidelines-Based Medical Management

- Ensure your child takes asthma medications as prescribed.
- Check to see if your child is using an inhaler correctly or if an attached spacer can help.



L

Linkages and Coordination of Care Across Settings

- If you need financial help with asthma medications, check for prescription assistance or community health programs.
- Have a copy of your child's Asthma Action Plan at any place your child spends time.



E

Environmental Policies or Best Practices to Reduce Asthma Triggers from Indoor, Outdoor, or Occupational Sources

- Check into home weatherization assistance programs.
- Make sure your home and vehicles are smoke-free.
- Talk with community leaders about policies that can help people with asthma breathe better.



For more information visit: AllergyAsthmaNetwork.org/EXHALE