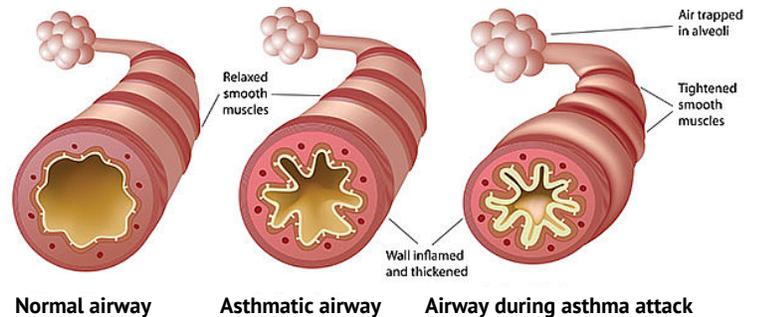


# MAPLE PLAN FOR CONTROLLING ASTHMA

## MOST IMPORTANT

Most people with asthma do not get sick enough to need emergency care. The fact that you had to go to the emergency department usually means:

- You're around triggers that are causing your symptoms.
- You're not taking medications properly.
- You have not been prescribed the right medications.



## ASTHMA IS A RECURRING DISEASE CAUSING YOUR AIRWAYS TO SWELL

Your asthma is out of control if any of the following is true:

- You have daily symptoms that include chest tightness, wheezing, cough or shortness of breath.
- You are taking an albuterol (like Xopenex HFA®, ProAir®, Proventil® and Ventolin®) rescue inhaler more than twice weekly (except for exercise).
- You wake up with asthma symptoms more than twice monthly.
- Your asthma is interfering with school, work or play.

## PLAN TO CONTROL YOUR ASTHMA

To maintain control of your asthma, take long-term medications called "controllers." Controllers are inhaled steroids or pills that must be taken regularly. These medicines will not stop a flare-up once it happens. During flare-ups, you will also need to take a quick-relief albuterol, like Xopenex HFA®, ProAir®, Proventil® and Ventolin®.

Quick-relief medications will help ease your breathing for a few hours. They do not control your underlying asthma. If you need quick-relief medication more than twice a week, your asthma may not be under control.

For control of severe symptoms, you may be prescribed a steroid pill or syrup to use for a few days or weeks. Continue using your controller medication as prescribed by your doctor.

## LEARN ABOUT TRIGGERS AND HOW TO USE YOUR INHALER

### Common Triggers

- Cigarette smoke and other smoke (wood stoves, fireplaces, bonfires)
- Viral infections (colds, flu, chest infections)
- Allergens (dust mites, animals), pollen (trees, grass, weeds) and mold
- Exercise
- Temperature changes

### Using an Inhaler

- Take off cap and shake inhaler.
- Insert the inhaler into a spacer or chamber.
- Breathe out all the way.
- Insert the spacer or chamber in your mouth, or put it up to your mouth if using a mask.

### Breathe Slowly

- Once your lungs are empty, press down once on the inhaler.
- Breathe in slowly through spacer or chamber. Count to five while inhaling.

### Hold your Breath

- Once your lungs are full, hold your breath for ten seconds, if possible.
- Breathe out after holding your breath; prepare to take the next puff of medication.
- If under age 6 or unable to hold breath for six seconds, use a mask attachment and keep on your face for six breaths.
- Always use a spacer or chamber with your inhaler.

### If you don't have a prescribed spacer and chamber, the following may be used:

- Plastic water bottle (500 cc) | Cut hole in bottom to put in the inhaler mouthpiece
- Toilet paper tube | Put inhaler into one end, hold other end over mouth
- Styrofoam cup | Cut hole in bottom to put in the inhaler mouthpiece

## EMERGENCY CARE MAY BE NEEDED

- Trouble talking
- Labored breathing
- You've been using quick relief medication more than every four hours

### MORE INFORMATION