

# SUMMER FOCUS ON ASTHMA

Summer means taking a break from work or school, going places, and having fun!  
But don't take a break from managing your asthma.

## Travel tips

- Pack asthma medicines in your carry-on bag
- Bring extra medicines or carry extra prescriptions in case your medicines are lost
- Pack your asthma action plan and healthcare provider's phone number
- Pack your peak flow meter, spacer, and nebulizer, if you use them
- Bring an electrical adapter for your nebulizer, if you are traveling abroad
- Bring a list of your medicines with you. Include generic names, dosage, and the name of the provider who prescribed them
- Pack a dust mite-proof pillow or pillowcase
- Avoid tobacco smoke
- Ask for "no smoking" hotel rooms

## DID YOU KNOW?

When you travel, you can ask your provider for the name of a provider where you're going.

## Take your asthma medicines all summer long

Stopping asthma medicines during the summer may increase your chances of having serious asthma symptoms in the fall. This can lead to more visits to the emergency room or hospital. So keep taking your asthma medicines as directed, even if you feel fine. Talk with your provider if you have questions.

## Get medical help right away if:

- Your asthma symptoms are worse—even after using your rescue inhaler and following your asthma action plan
- Your lips or fingernails turn blue
- You have trouble walking or talking due to shortness of breath
- Your peak flow reading falls into the red zone

**Talk with your healthcare provider if you need to use your rescue inhaler more than 2 days in a week.**

