

Keeping up with Medicines

Take your asthma controller and quick-relief medicines as your doctor has told you. This will help keep you healthy.

Tips to stay on time taking your medicine:

- + Take controller medicines at the same time as other daily habits such as brushing teeth or eating dinner.
- + Wear a watch, and set the alarm.
- + Leave yourself a note on the bathroom mirror.
- + Keep your controller medicine in a place you will see it every day.
- + Ask your pharmacy to send you reminders to refill your prescription.
- + Mark your calendar with the date to get your refill. Pick a date that is about a week before you will run out.



Breathe
easy



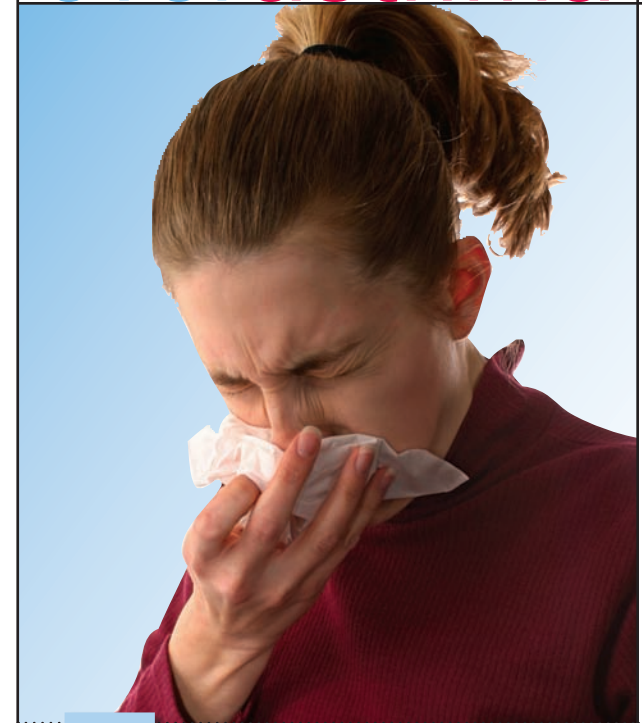
The Nurse Help Line is available 24 hours a day, 7 days a week, at the toll-free number: 800.304.5436.



FirstChoice
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POWER overasthma



Tips for the winter and ways to stay on top of your asthma and the flu.

Plus signs of an asthma flare-up!

Stay Flu Free

The flu can be serious for people with asthma. It is an infection of the nose, throat and lungs. It is easy to catch and can come on quickly. Protect yourself by getting a flu shot.

Signs of the flu may include:

- + Fever
- + Body aches
- + Coughing
- + Runny or stuffy nose
- + Sore throat
- + Diarrhea or vomiting

People who should get the flu shot include:

- + People with asthma, diabetes, heart or lung disease
- + Children in daycare or schools (6 months to 5 years old)
- + Pregnant women
- + People taking cancer treatment
- + People 50 years old and older



Healthy habits that can help prevent the flu:

- + Cover your mouth and nose with a tissue when coughing or sneezing
- + Stay away people who are sick
- + Wash your hands often
- + Stay home when you are sick
- + Don't touch your eyes, nose or mouth
- + Get plenty of sleep, drink lots of fluids and eat healthy foods
- + Lower stress
- + Get plenty of exercise

If you have questions, please call a nurse case manager at our toll-free number: 888.559.1010.

Signs of an Asthma Flare-Up

Asthma Flare-up: any of these things may happen during a flare-up:

- + Wheezing
- + Coughing
- + Tightness in the chest
- + Shortness of breath
- + More mucus when coughing

Danger signs: get help right away if you have any of these signs:

- + It is hard to talk
- + Breathing is hard and fast
- + Heart rate is very fast
- + It is hard to walk
- + Lips or fingernails are gray or blue
- + Rescue (quick relief) medicine is not helping

Call your PCP or take your child to the nearest emergency room (ER) if you see any of these danger signs.