



Open Airways

Helping Bermuda Breathe

www.openairways.com



What to do in an asthma attack

- Take reliever (blue) inhaler immediately.
- If no improvement, take one puff of (blue) inhaler every few minutes or until symptoms improve.
- If symptoms **do not** improve, or you are in doubt – call your doctor, or go to the Emergency Department immediately.
- Continue to take (blue) inhaler on the way to hospital. **“Preventer” (usually brown or orange) inhaler will not help in an asthma attack.**

Prevention

Take “preventer” inhaler every day even when you feel well.

- Do buy a new pillow every year.
- Do open windows every day.
- Do have houseplants to freshen air.
- Do clean without chemicals – use microfiber cloths.

Avoid Asthma triggers where possible

- Do not use household sprays/aerosols to clean your home.
- Do not use plug-in air fresheners, sprays or perfumes.
- Do not allow smoking in your home.
- Do not have too many stuffed toys, place in freezer weekly for 6 hours to kill dust mites.
- Do not have carpets; wood or tile floors are much better.
- Do not have pets in the bedroom.
- Do not bring Easter lilies into your home.

Get Asthma Education

- DeAnn Trott – (School Asthma Nurse) – 332-8915
- Debbie Barboza – (KEMH) – 239-1652
- Liz Boden – (Open Airways) – 232-0264

No one should suffer with asthma – Asthma is treatable!



GENEROUSLY SUPPORTED BY ALLIED WORLD ASSURANCE COMPANY