



**LET'S HAVE  
OPEN  
AIRWAYS!**

# **Action Asthma!**



**Open  
Airways**

Helping Bermuda Breathe

[www.openairways.com](http://www.openairways.com)



**Did you  
Know?**


**1 IN 5  
CHILDREN  
HAVE  
ASTHMA IN  
BERMUDA!**



**WHY  
HAVE I GOT  
ASTHMA?**

## **WHY?**

It is difficult to say but we do know Asthma runs in families, but you can't catch Asthma!



**ASTHMA  
MEANS,  
YOU HAVE  
SENSITIVE  
AIRWAYS**



## **WHAT IS Asthma?**

**Signs of Asthma:**

- Coughing.
- Wheezing.
- Shortness of breath.
- Tight chest.



**THE GOAL  
IS CONTROL!**

# **Take Control OF YOUR ASTHMA**

- Get an Asthma Action Plan.
- Take your medicines.
- Avoid your triggers.

# MEET Mr. Trigger

**AVOID ME!**

A trigger is anything that may irritate your **sensitive** airways. It is impossible to avoid all your triggers, but you can control and avoid some of them.

## Common triggers:

- Dust-mites.
- Stuffed toys.
- Pollen & grass.
- Mold.
- Pets.
- Sprays & Perfumes.
- Air pollution.
- Colds.



# **AVOID** **Mr.** **Trigger**



## **DO NOT:**

- have too many stuffed toys.
- have carpet in your bedroom.
- sleep on old pillows or mattresses.
- use sprays or aerosols to clean.
- use air-fresheners.
- bring Easter lillies into your home.
- stay around smoke.
- walk along busy roads.

## **DO:**

- put stuffed toys in the freezer every week.
- have wood/tile floor in bedroom.
- have a new pillow every year.
- use microfiber cloths & water to clean your home.
- open windows every day.
- have green houseplants.
- cover your cough & wash hands.
- ask your doctor about a flu shot.

**PREVENTION  
IS THE NAME  
OF THE GAME!**

Treatments are safe.

**PREVENTERS**

(usually orange, brown or purple inhalers) make your airways less sensitive.

**TAKE YOUR  
Preventer  
EVERY DAY TO KEEP  
YOUR ASTHMA AWAY**





# Be Prepared!

**RELIEVER** (usually blue inhaler)

Use for:

- Cough.
- Wheeze.
- Tight chest.

**NEVER  
LEAVE HOME  
WITHOUT IT!**





**SPACERS  
HELP  
THE MEDICINE  
GET IN MY  
AIRWAYS.**

## **HOW DO I TAKE MY Inhalers?**

- Always use a spacer.
- Ask your Asthma expert to show you how to use it.
- Always rinse your mouth and brush your teeth after using your preventer.

# HOW DO I KNOW MY ASTHMA IS **Not Controlled?**

**cough,  
cough...**

**wheeze...**

- Coughing, Wheezing.
- Tight chest.
- Waking at night.





**GET  
HELP!**

**Ugh Oh!**



**ASTHMA  
GETTING  
WORSE?**

**What to do?**

**Action:**

- Tell an adult.
- Take Reliever (blue inhaler).
- See your Doctor.
- Continue Preventer (orange, brown or purple inhaler).

# IT'S ACTION Asthma Time!

I am not getting better!

- Coughing.
- Wheezing.
- Tight chest.
- I can't run & play.
- I can't sleep.
- Reliever is not working.
- Lips turning blue.
- Can't speak in sentences...

**GO TO EMERGENCY NOW!**





## HOW DO I KNOW I AM **In Control?**



- I can run and play.
- I am sleeping better.
- No coughing or wheezing.
- No tightness in my chest.
- I take my preventer every day.



# Credits!



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