



## Managing your indoor air environment

There are many asthma triggers which can be controlled. Asthma triggers are things in your surroundings that can cause your asthma symptoms, such as dust pet dander or mold. Managing the indoor environment of your home may help manage your asthma symptoms.

### Do you smoke or live with someone who smokes?

Tobacco smoke and exposure to second hand smoke can be a trigger for asthma. Local services can provide help for quitting.

- Visit [TompkinsCountyNY.gov/TobaccoFree](http://TompkinsCountyNY.gov/TobaccoFree)
- Visit [www.nysmokefree.com](http://www.nysmokefree.com) or call NYS Smoker's Quitline at 1-866-697-8487

## Durable Medical Equipment Suppliers (for spacers & nebulizers)

**Lincare Inc.**  
217 Commercial Ave. Ithaca NY  
(607)277-4027

**Cortland Regional Medical Center**  
134 Homer Ave., Cortland NY  
(607)257-1425

**United Health Services Professional Home Care**  
222 Elmira Rd , Ithaca NY  
(607)257-1425

**Guthrie Medical Supply Depot**  
402 3<sup>rd</sup> street, Ithaca NY  
(607)756-3880

### Where can I learn more about asthma?

**Tompkins County Health Department**  
55 Brown Rd., Ithaca  
(607)274-6600  
[TompkinsCountyNY.gov/Health](http://TompkinsCountyNY.gov/Health)



Your Partner for a Healthy Community



A Member of Cayuga Health System

This brochure provides information on asthma resources. It does not provide medical, financial, or insurance advice.

# Do You Have Asthma?

Do you need help managing your asthma?



## How to manage your asthma

**Quick-Relief Medicines:** Medicines taken when the symptoms of an asthma episode occur.

**Controller Medicines:** These medications must be taken regularly, even when no asthma symptoms are occurring. Controller medicines prevent asthma episodes.

**Asthma Action Plan:** A plan written by a health care provider that (1) identifies your asthma triggers, (2) tells you which medications to take everyday, and (3) tells you which medications to add when you are having asthma symptoms.

## Asthma medical equipment

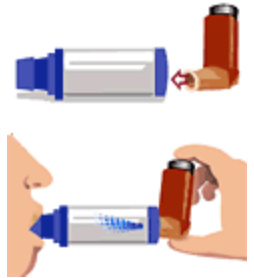
**Inhalers** are portable devices that are used to breathe in asthma medication. In addition to inhalers people use spacers or nebulizers to improve the delivery of the inhaled medications.

**Spacers** improve the delivery of medication deep into the lungs and keep medication out of the mouth and throat. Spacers are important for asthma management.

**Nebulizers** break liquid medication into a fine mist or spray that can be breathed into the lungs.

### How to use a spacer

- 1) Shake inhaler
- 2) Insert inhaler in the non-mouthpiece end of inhaler
- 3) Put your mouth on the mouthpiece and close your lips around it.
- 4) Press inhaler to release medicine into the spacer
- 5) Slowly breath in the medicine



## Questions to ask your health provider:

- How do I know if I have asthma?
- Are there tests to diagnose asthma?
- What medicine should I take for asthma and when should I take it?
- Will you please show me how to use my inhaler?
- May I have a prescription for a spacer?
- May I have an asthma action plan?
- When should I seek emergency help?
- Could my home or work place be making me sick?
- What else can I do to improve my lung health and quality of life?
- More questions? Go to [www.lung.org](http://www.lung.org)

## How to get the care you need:

- Visit your health care provider regularly .
- If you have a doctor, ask if there is a sliding fee scale.
- Insurance navigators can help you find out whether you qualify for financial assistance to purchase your health coverage. Some individuals qualify for free or low cost insurance. Call 2-1-1 to find out who can help.
- Pharmacies have lower prices for many of their generic drugs.
- The Ithaca Free Clinic will see people who do not have insurance. For more information and hours call (607)330-1254.
- **Healthy Neighborhoods Program (HNP)** of Tompkins County helps make homes healthy and safe. The HNP staff will go through a home safety checklist with you and your family and provide you with **FREE** home safety products. The HNP is a great resource for people living with asthma. For more information call (607)274-6688.

