

Asthma and Respiratory Infections



ASTHMA AND RESPIRATORY INFECTIONS

Have you been diagnosed with pneumonia or bronchitis? Here are a few tips to get you feeling better.

- Make a follow-up appointment with your doctor.
- Take your medications the way your doctor tells you.
- Finish all of your medication. Don't stop until all of the pills are gone.
- Keep taking your asthma medication.
- Call your doctor if you do not get better.
- Get plenty of rest.
- Eat a healthy diet.
- Quit smoking.

The important thing to remember is that you can control your asthma. Make sure that you see your doctor twice a year. Also, see him when you are sick. Ask your doctor about getting the flu and pneumonia shot. Follow your asthma treatment plan.

REFERENCES

American Lung Association – www.lungusa.org

WebMD – www.webmd.com

U.S. Centers for Disease Control and Prevention – www.cdc.gov



FOR MORE INFORMATION about asthma, call Care Management at 1.800.414.6675 (TTY: 1.800.473.0989).