

MANAGING ALLERGIC ASTHMA IN YOUR FAMILY

Managing allergic asthma requires the support of family and the guidance of a specialist. Below are ways you can tackle allergic asthma as a family.

FIGHT ASTHMA AS A FAMILY

- › Provide support and place a focus on your or your loved one's health
- › Schedule regular visits with a specialist, such as an allergist or pulmonologist, to discuss the best management plan for you or someone you care for
- › Work through the overall management of allergic asthma as a family
- › Teach all family members how to recognize the signs of an asthma attack
- › Identify parts of the home that may hold allergens (eg, furniture)
- › Select furniture with smoother fabrics as dust will have fewer places to hide

MAKE LIFESTYLE CHANGES

- › Engage family members to play a proactive role in helping manage allergic asthma
 - › Encourage them to participate in cleaning around the house
 - › Educate them on the types of allergens that can trigger an attack
- › Discuss the importance of being prepared
- › Keep pets out of bedrooms and off furniture

Even with all these tips, if you or someone you care for is experiencing allergic asthma, **it's important to talk to a specialist, such as an allergist or pulmonologist, to come up with the best treatment plan.** It is also important to stay compliant with medication, which can be discussed with a specialist.