

BREATHE EASIER

CONTROLLING ASTHMA



Make an appointment with your health care provider or call Sandhills Center:

1-800-256-2452
(TTY: 1-866-518-6778)



SANDHILLS CENTER

An NC Medicaid Behavioral Health and Intellectual/
Developmental Disabilities Tailored Plan

Sandhills Center assures that people in need have access to quality physical and behavioral health services in 11 North Carolina counties. Visit us online at SandhillsCenter.org.

WORK WITH YOUR HEALTH CARE PROVIDER TO REDUCE TRIGGERS

- Use your medication correctly to control flare-ups that can cause tightening of the chest, coughing and wheezing.
- Show your health care provider how you use your nebulizer/inhaler to make sure you are using it the right way.
- Make a plan with your health care provider so you can follow your asthma treatment correctly. This will help you understand when to call your health care provider or when to go to the emergency room if you have a flare-up.
- Environmental triggers can cause flare-ups. Work with your health care provider to find simple ways to reduce/avoid triggers in the home and at work. Stay away from things such as cigarette smoke and air pollution.
- Ask your health care provider about the the types of exercise or activity you should do or should not do.
- Keep your lungs healthy by staying up to date on vaccinations.

Source: Based on information from the American Lung Association. For more asthma resources, visit Lung.org.

ANSON-DAVIDSON-GUILFORD-HARNETT-HOKE-LEE-MONTGOMERY-MOORE-RANDOLPH-RICHMOND-ROCKINGHAM