



# Asthma Tips for Flu Season

## Cold & Flu Survival Tips for People with Asthma, EIB, and COPD:

1. Get a flu shot.
2. Take your controller medication as prescribed.
3. Make sure your quick-relief medication has not expired.
4. Practice good hygiene and take the following everyday steps to protect your health.
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
  - Avoid touching your eyes, nose or mouth. Germs spread this way.
  - Keep your home and work spaces clean.
  - Try to avoid close contact with sick people.
  - If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities (your fever should be gone without the use of a fever-reducing medicine). Keep away from others as much as possible to keep from making them sick.
5. See your doctor immediately if you think you have the flu.