



Tips and Reminders from the IMPACT DC Asthma Clinic

During your visit to the IMPACT DC Asthma Clinic, we talked about three key things:

Trigger Control: An asthma educator helped you identify asthma triggers in your home and ways that these triggers can be reduced. You received a **special asthma cover for your child's pillow**, along with some of these tips:

- Wash blankets, sheets, and pillowcases in **hot** water every week
- Do not allow any smoke like tobacco, candles, or incense in the house or in your child's bedroom
- Keep stuffed animals out of the bed. Wash in hot water or freeze them for 24 hours every week
- Vacuum once a week when your child is **not** in the room, using a double-layer bag or HEPA* filter

Asthma Action Plan and Medications: You received an Asthma Action Plan from IMPACT DC.

- This plan lists the medications that your child should take every single day—these are controller medications and you can find them in the **green** zone of the Asthma Action Plan.
- The plan also tells you what to do when your child is having asthma symptoms or an attack—you can find this information in the **yellow** and **red** zones of the Asthma Action Plan.
- Remember to keep the Asthma Action Plan in a place where the whole family can see it, like on the refrigerator.

Follow-Up Appointments: Your child should see her or his primary care provider every three months for ongoing asthma care and planning. Remember to schedule these appointments in advance to talk about asthma and keep everyone on the same page!

*High Efficiency Particulate Air