



What is asthma?

Asthma is a condition that makes it hard to breathe. This happens when your air tubes start to tighten, swell, and build up mucous. Good prevention and medication can control asthma.

What to do in case of an asthma attack:

- Remain calm
- Take the medicine the doctor has given you for an attack.
- If your lungs are feeling “tight”, get into a warm shower for 5-10 minutes.
- Drink more liquids

Call the doctor if:

- Your asthma does not get better after your usual treatment
- The attack is worse than usual
- Your mucus is green, yellow, or bloody
- You are out of your asthma medicine
- Your attacks are happening more often than usual

How to prevent an attack:

- Avoid smoke of all kinds. If you are a smoker, get help on quitting
- Avoid air pollution. Stay indoors when air pollution is high
- Avoid strong odors and fumes
- Avoid strong colognes and perfumes
- Avoid indoor pets
- Get regular exercise
- Limit the number of stuffed animals, pillows or down blankets on the bed
- Cover your mattress with dust-proof coverings
- Wash your bedding weekly
- Use a mask when doing yard work

<Doctor>

<Address1> <Address2><City>, <State> <Zip>
<Telephone1> <Telephone2>



Ice Pack

As soon as you can, put an ice pack on your back. Do this 15 minutes every hour. This will help keep the swelling and pain down.

Lie Flat

Lie flat on your stomach with your arms by your side and your head to one side. Do this for 3-5 minutes every hour. Do NOT do this if it makes your back hurt more.

Hip Tilts

Lie on your back with your knees bent and feet flat on the floor. Slowly press your lower back to the floor. Do NOT hold your breath.

Walk

Take a 4-6 minute walk on flat ground (no hills) every 3 hours. Do NOT do this if it makes your back hurt more.

Posture

- When walking or standing, make sure your ear, shoulder, hip and ankle are in a straight line.
- When you sit, keep your shoulders back, your chin back, and your lower back against the back of the chair.
- Do not sit the same way for too long (more than an hour). Take time to stretch.

Call the doctor if:

- Your legs get weak.
- You have a fever.
- Your pain is getting worse after one week.
- You go to the bathroom (pee or BM) without meaning to.
- You get numb around your bottom or genitals (privates).

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<Telephone1> <Telephone2>



Dampness and urine (pee) on the skin cause Diaper Rash.

What to Do for Diaper Rash

The best thing to do for diaper rash is to keep the skin dry. To do this:

- Change diapers often.
- Use cloth diapers instead of plastic. They “breathe” better. Leave *any* diaper off as long as you can.
- If you are using cloth diapers, wash them in a mild soap. Add ½ cup vinegar to the last rinse. This will help get rid of the ammonia in the urine (pee).

How to Prevent Diaper Rash

- Keep baby’s skin as dry as you can.
- Use zinc oxide cream (like Desitin) or A+D ointment **BEFORE** there is a diaper rash. Do **NOT** use a cream if baby already has a rash. The creams keep the rash from healing.
- Be careful when using powders. Talc can hurt baby’s lungs. Always pour powder on your hand before putting it on baby.

When Is It Time to Call the Doctor?

Call for help if:

- The rash does not get better in 3 days.
- The rash has blisters.
- There are small, red patches outside of the diaper area.
- The rash is worse in the skin folds (between layers of fat).

**If you have any questions or need help anytime,
please call <Contact> at <Phone>.**

<Doctor>

<Address1> <Address2><City>, <State> <Zip>
<Telephone1> <Telephone2>



Skin Cancer

Skin cancer is the most common type of cancer. It is curable if found early. When trying to figure out if a bump or mole on your skin is cancer, look for:



One half of the mole or bump does not match the other



Changes in size



Jagged border



Different colors on the same mole or blue, red or white colors on the mole.



A mole or bump that is bigger than the size of a pencil eraser



A mole or on top of another mole or bump

What To Do

If you have something that looks like the examples above or a sore that won't heal, call for a visit with your doctor to check it out.

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<Telephone1> <Telephone2>



What to Do

Sunburn is mild burn on the skin that can be very uncomfortable. If you have a sunburn:

- Take a cool bath
- Apply a cool compress (wet cloth) to the burned areas
- Take acetaminophen or aspirin for the pain. Do NOT give aspirin to children under 20 years of age.
- Use lotion to help with skin peeling and itching.

Call the doctor if you:

- Are tired or weak
- Have severe blistering
- Are dizzy
- Have a fever of 102° or more
- Are cool or clammy to the touch
- Cannot see well or have blurred vision
- Are sick to your stomach

To prevent sunburn:

- Always use sunscreen with SPF of 15 or higher.
- Put on sunscreen 30 minutes before you go out in the sun.
- Use a waterproof sunscreen. Always put more sunscreen on after being in the water.
- Wear a hat with a brim.
- Wear sunglasses.
- Stay out of the sun as much as possible, especially between the hours of 10:00 am and 3:00 p.m

<Doctor>

<Address1> <Address2><City>, <State> <Zip>
<Telephone1> <Telephone2>