

Your Health Checklist: Managing Sick Days

Everyone gets sick once in a while. But when you have asthma, even a cold or respiratory infection can make it more difficult to manage your asthma.

Follow this checklist to help you to on days when you are sick.

Do: Continue to take your normal asthma medication when you are sick.

Do: Continue to check your peak flow.

Do: Follow any directions that your healthcare provider has included in your asthma action plan.

Do: Check with your healthcare provider before you use any cold medications or new medications, to make sure they are ok to use with your asthma meds.

Do: Rest and drink lots of water. Getting healthy is the key.

Do not: Spend time with people who are sick. Prevention is the best medicine.

Do not: Forget to ask your healthcare provider about getting a flu, pneumonia, or COVID vaccine.

Talk to your healthcare provider about how to manage sick days at your next appointment.

And follow this checklist for ways to help manage your asthma even when you are sick.