



7050 South Union Park Center, Suite 200  
Midvale, UT 84047

Part# 1628Rev0508



## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish



## Travel and Asthma

With a little extra planning, you can safely manage your asthma while traveling. Here are some ideas to keep in mind.

### Before you go

See your doctor for a check up. Make sure that your asthma is under good control and that your action plan is current. Have him or her write you a prescription in case you need it while away.

### Packing

Pack more medication than you think you will need. If you are traveling by airplane, make sure to keep your medicine and supplies in your carry on luggage. Take your peak flow meter and asthma action plan. Have your doctor's phone number handy. Bring your long-term and quick-relief medicine.

### Your destination

Think about where you are going and what triggers your asthma. Climate can make a difference. Warm, humid places may mean more exposure to dust mites, mold and some pollen types. Cold, damp climates may mean more dust mites and indoor mold. Cold air in a dry climate can also be an irritant. High altitude can also be a concern. In this case, monitor your breathing during physical activity.

### Other tips

- You might consider taking your own dust-proof pillow cover if dust mites are a problem.
- If you are traveling by car and you are allergic to pollen and mold, keep the windows closed and the air conditioner on.
- Tell your travel partner about your asthma and how to help you if you need it.

Overall, think about where you are going, where you will be staying and what you will be doing. It will help you plan effectively and make the most of your travels.

## Smoking and Asthma Do Not Mix

Would you like help to stop smoking? Call Molina Healthcare of Utah's **Smoke Free** Program toll-free at 1-888-483-0760 ext. 170458. Molina members can join the **Smoke Free** Smoking Cessation Program at no cost.

### In This Issue

Travel and Asthma	pg 1
Timing Your Medication	pg 2
Get Rid of Dust Mites	pg 2
Back to School Action Plan	pg 3
Emergency Care When Traveling	pg 3
Nurse Advice Line	pg 4

### Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at [www.molinahealthcare.com](http://www.molinahealthcare.com). You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-888-483-0760. Your member handbook is also a good resource. You can find it on our website.

Breathe with Ease<sup>SM</sup> is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor's advice.

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

## Timing Your Medication

Good asthma control means taking your medication correctly. There are two main types of asthma medication. Quick-relief medicine is one type. It acts fast to open up your airways. You should take your quick-relief medicine when you first begin to feel symptoms. Your doctor may want you to take this medicine 15 minutes before exercise. Carry your quick-relief inhaler with you all the time.

Long-term medicine is the second type. It is used to prevent asthma symptoms. These drugs ease swelling on the inside of your airways. One kind is an inhaled steroid. It is important to take this medicine even if you feel well. It works best when taken on a regular basis. You should rinse, gargle and spit with water after each dose of inhaled steroids.

Consistent use of medications is key to symptom prevention. Take your preventive medicine every day. Try taking your medicine along with something you always do. This will help you to remember to take it.

Here is a list of ideas from the National Heart Lung and Blood Institute:

- Keep your medicine on the nightstand next to the bed.
- Take your medicine right after you brush your teeth.
- Put reminder notes in visible places like the bathroom mirror or front door.
- Place your medicine in a weekly pillbox.
- Set a watch alarm to beep and remind you to take your medicine.
- Remember to refill your prescription. Order and pick up the next refill one week before the medicine is due to run out.

Knowing when and how to take your medication is important. It can make a difference in asthma control. Be sure to ask your doctor or nurse if you have questions.

## Spring Cleaning! Get Rid of Dust Mites

Did you know that each night when you crawl into bed there could be 100,000 to 10 million unwanted houseguests crawling in with you? Those guests are dust mites. Dust mites are a common trigger for people with asthma. They are so tiny that you cannot see them with the naked eye. Dust mites eat dead skin cells and nest in bedding, fabric, and carpet. They like to live in warm, humid environments.

Dust mites create a residue of feces and dead bodies. This mixes with dust and becomes airborne. The best way to prevent an asthma attack from a reaction to dust mites is to limit your exposure to them. This means cleaning regularly, especially your bedroom. You can't get rid of all dust mites, but you can reduce their number.

These steps from the Mayo clinic will minimize asthma symptoms caused by dust mites.

- Cover your mattress and pillows in dust-proof or allergen-impermeable covers.



- Keep the humidity low. Use a dehumidifier to keep humidity between 30% and 50%.
- Choose bedding made from synthetic materials rather than wool or down.
- Wash stuffed toys in hot water and dry thoroughly. Keep stuffed toys off the bed.
- Wash bedding weekly in hot water. Freeze non-washable bedding overnight in a chest freezer.
- Remove dust with a damp mop or rag.
- Vacuum regularly. Vacuum the carpet and fabric furniture. Have someone else do this and stay out of the room for 20 minutes.
- Cut down on clutter that collects dust.
- If you can, replace your carpet with tile, wood or linoleum.

## Back to School Action Plan

With the end of summer comes the beginning of another school year. As you prepare your child for school, make sure to include plans for his or her asthma.

One of the first things to think about is an asthma action plan. Ask your child's health care provider to help you with this. It is a plan to help your child manage his or her asthma. The plan has three zones of asthma symptoms. It lets you know how to manage asthma based on what zone your child is in. It should include peak flow numbers and zones, symptoms, instructions for medicine, and contact information.

Peak flow numbers measure how well your child is breathing. Asthma symptoms to watch out for are coughing, wheezing, shortness of breath and tightness in the chest.

The instructions are about when to take asthma medications. Some medicines are long term and are taken every day. Other medicines are quick-relief or rescue medicines.

The contact information lists who to call and where to get emergency care. This includes your healthcare provider's name and phone number. It also includes the names and numbers of family or friends that can help your child in an emergency.

Next, meet with school staff at the start of the school year. Most schools have some kind of meet the teacher night. Use this time to meet with staff. Take your action plan and explain it to them. Let them know what makes your child's asthma worse. Also, show them your child's medication and let them know the difference between the long term and the rescue medicine.

Gather any asthma supplies your child will need. Double check the expiration dates. Make sure your child has a peak flow meter, rescue medicine and a spacer at school.

If he or she needs any pretreatments before gym class, be



sure to include those too.

Keep in touch with school staff throughout the year. Make sure they have a copy of the asthma action plan and your current contact information.

Taking the time to make these preparations will give you peace of mind and make sure that your child has a productive, fun school year.

**When you travel away from your hometown,  
Molina Healthcare pays for emergency care for you.**

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.