



ASTHMA CARE

The Asthma Team

When your child has asthma, you need to partner with the doctor and the office staff. You are all on the same team! The things you observe about your child's asthma are as central to your child's care as is the doctor's skill and knowledge.



Prepare by answering these questions.

They will help your child's doctor better understand and treat asthma:

1. How many times has your child had symptoms in the last week during the day?
During the night?
2. How many days of school/day care has your child missed due to asthma?
3. How many times did your child use the "quick relief/rescue" medicine?
4. How many times has your child been to the emergency room since the last visit?
5. How many times has your child been hospitalized for asthma since your last visit?
6. Have there been any changes in your child's school/day care/home?
7. What things seem to make your child's asthma worse?
8. If your child uses a peak flow meter, what was the reading the morning of the visit?

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Service you can trust.



It may help your doctor and the office staff if you bring these items:

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- Asthma Action Plan**, if you have one.
It may need updating.
- Asthma Medicines**
- Asthma devices** – bring peak flow meters, spacer and any other devices you use to care for your child’s asthma
- Folk remedies** that you use to help your child with asthma

You should also bring your own questions about asthma. There are no dumb or silly questions about asthma. Asthma is a serious disease. You have a big job in taking care of a child with asthma. Your doctor wants to help you.

Talk to your doctor or nurse if you have any questions or concerns.

You don’t have to do this alone!

To find out more about asthma care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-371-2222;
CRS/TTY: 711 or 1-800-735-2929;
8 a.m. to 5 p.m., Monday-Friday;

Alliance CompleteCare (HMO SNP) Members please call:

Toll-Free: 1-877-585-7526;
CRS/TTY: 711 or 1-800-735-2929
8 a.m. to 8 p.m. seven days a week.

www.alamedaalliance.org

www.alliancecompletecare.org

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