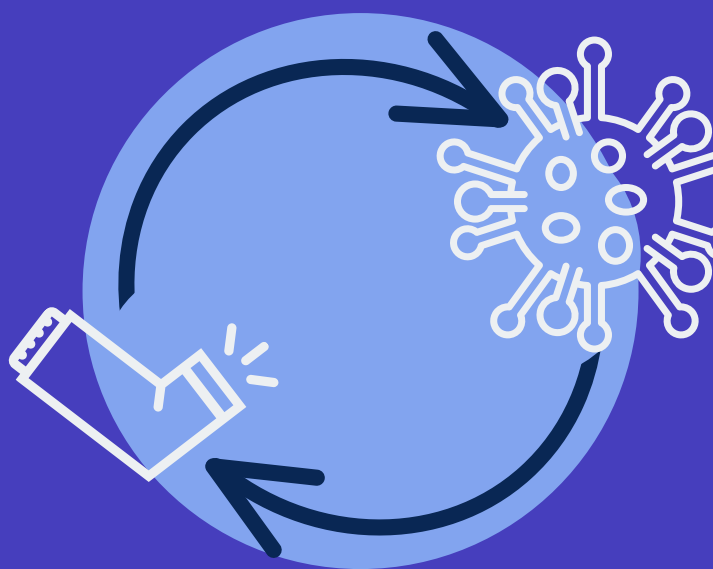


Cold, Flu & Asthma



Cold and flu can trigger **asthma attacks**.

Asthma increases risk of **pneumonia** and other lung problems due to cold and flu.



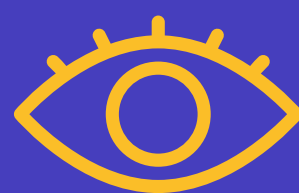
Getting the flu vaccine is the best way to prevent flu.

To avoid catching cold and flu:



avoid contact with sick people

wash hands



don't touch eyes/nose with dirty hands

I GOT SICK... NOW WHAT?

- Take your rescue inhaler as soon as you start to get symptoms
- Don't forget to take your controller inhaler every day
- Call your doctor



Learn more at www.famallies.org

Source: www.cdc.gov/flu