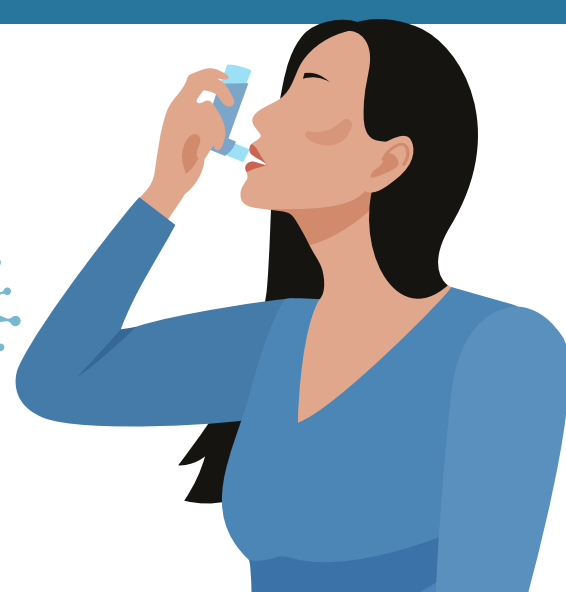


# MANAGING Asthma DURING Respiratory Virus Season



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Adults and children with asthma need to be especially careful to avoid respiratory viruses.



Viral infections can often trigger asthma symptoms, making asthma attacks more dangerous.

## How to prepare for respiratory virus season and prevent illness



- Have your **asthma action plan** and **medications** on hand
- Stay up-to-date on **vaccinations**
- **Wash hands** frequently and avoid those who are sick
- Get plenty of **sleep**
- **Eat well** and **drink fluids**
- Use **air purifiers** to filter polluted air



## When to contact your doctor

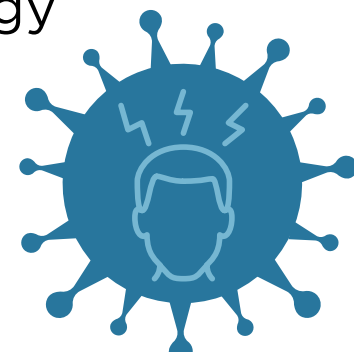
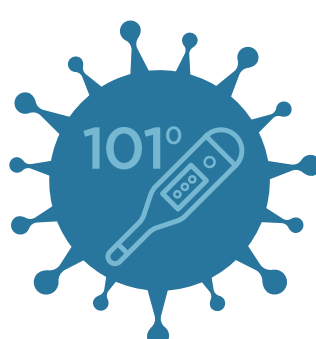
If you have asthma and develop any symptoms of a respiratory virus or asthma attack, call your doctor right away.



### Respiratory Virus

Common symptoms\* include:

- Congestion or runny nose
- Coughing and sneezing
- Decreased appetite or energy
- Headache or body aches
- Fever
- Sore throat

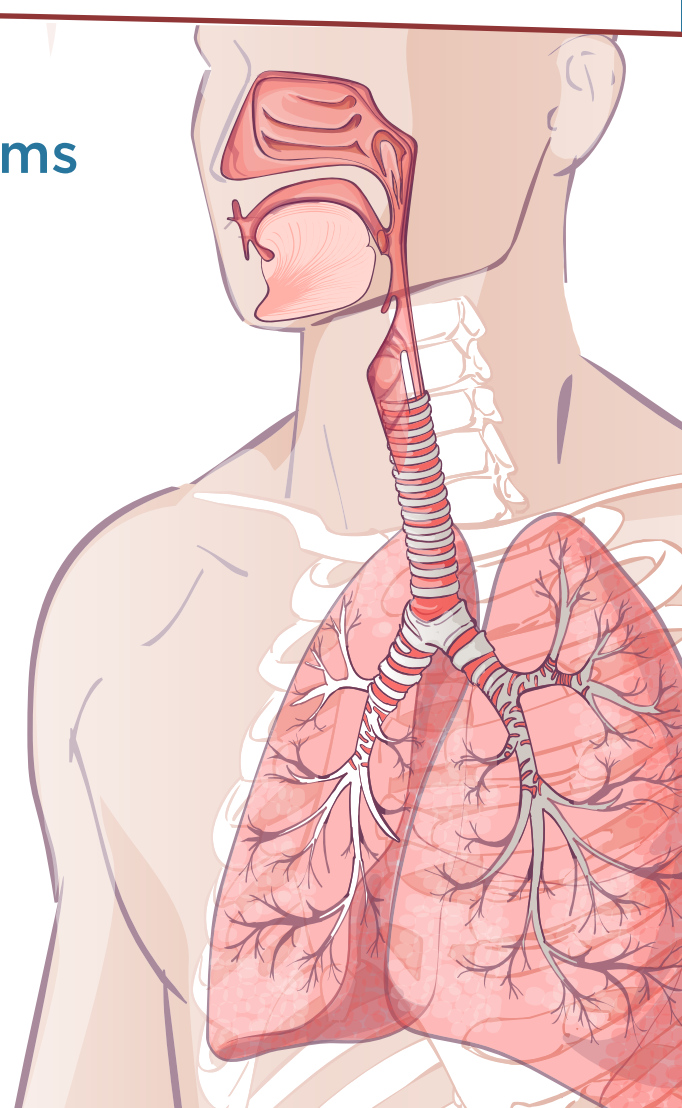


*\*Symptoms of a respiratory infection can vary greatly depending on the virus.*

### Asthma Attack

Common symptoms include:

- Chest tightness
- Coughing
- Shortness of breath
- Wheezing
- Needing to use a rescue inhaler more than twice in a week



## Get emergency help

if you have any of these  
severe asthma symptoms:

- Asthma attack symptoms not relieved by rescue inhalers
- Chest retractions, skin sucking in around the neck, chest plate and/or between the ribs when inhaling
- Feeling out of breath
- Grunting or head-bobbing in children
- Lips or nails turning blue
- Severe and/or persistent chest tightness
- Sudden feelings of agitation or confusion
- Wheezing when exhaling



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