

## Roll up Your Sleeve

### WHY YOU NEED AN EARLY FLU SHOT.

If you have a lung disease, like asthma, a yearly flu shot is vital. People with asthma are at a higher risk of flu complications like pneumonia. These can be serious or even life-threatening even if your asthma is well controlled. Not only does the flu virus increase swelling of airways, it can trigger asthma attacks and make symptoms worse.

Your best protection against these risks is a yearly flu shot. Make sure you get your flu shot as soon as you can. It takes two weeks to fully take effect, so try and get it in the early fall. Don't worry, the flu shot won't give you the flu. The shot only has inactive flu viruses and these can't make you sick.

*References: American College of Asthma, Allergy and Immunology; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services*

If you have questions about your asthma medication, inhaler use, or need extra help with your child's medication or inhaler, talk to your pharmacist. They are a great source of help for questions and concerns. They'd love to hear from you. Stop by your local pharmacy and talk to them today!



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# Controlling Your Symptoms While Pregnant

You might be wondering how your asthma will impact your pregnancy. The good news is that most women with asthma breathe easy during a normal pregnancy. It just calls for a little more care by healthcare providers and moms-to-be.

## SYMPTOM MANAGEMENT DURING PREGNANCY

- > **Tell your health care team.** When you find out you are pregnant, tell your doctor and talk about your health history. Make sure you tell your asthma specialist about your pregnancy, too. Together, they can watch for symptoms such as shortness of breath or raised blood pressure.
- > **Stay on meds.** Keep up with your medication routine. Don't worry. Studies show that inhalers pose little risk to your growing baby. This will help keep your risk of flare-ups low. It is vital that you tell your birth team about any medications (with dosages) you're taking. This will make sure they can give you anything you may need during birth.
- > **Stay away from triggers.** It is vital during pregnancy that you avoid asthma triggers. To help keep you well, healthcare providers urge pregnant women get a flu shot and stay current with their other vaccines. Not only does this lower the risk of mom getting sick, but it helps protect your baby, too. As always, keep up with good hand-washing habits.



With a little extra thought, planning, and teamwork, asthma doesn't have to get in the way of having a happy, healthy pregnancy.

*References: "AAFA" Asthma and Allergy Foundation of America, [www.aafa.org/asthma/asthma-prevention/vaccine-recommendations.aspx](http://www.aafa.org/asthma/asthma-prevention/vaccine-recommendations.aspx); "Asthma and Pregnancy." American Academy of Allergy Asthma & Immunology, [www.aaaai.org/Tools-for-the-Public/Conditions-Library/Asthma/Asthma-and-Pregnancy](http://www.aaaai.org/Tools-for-the-Public/Conditions-Library/Asthma/Asthma-and-Pregnancy); "Asthma and Pregnancy." American Lung Association, [www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/asthma-and-pregnancy](http://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/asthma-and-pregnancy).*

# Reducing the Burden of Asthma During School

After a year of online learning, parents and students are excited to go back to school. But, for kids with asthma, school can come with a lot of unexpected challenges. With more contact with other kids, dust, and germs, kids with asthma may have to deal with flare-ups. Some school administrators and nurses have decided to partner with parents and students to help. There's even a new law that hopes to help prevent and treat asthma at school.

Earlier this year, the School-Based Allergies and Asthma Management Program Act became law. This new law approves the School-based Asthma, Allergy & Anaphylaxis Management Program (SA3MPRO). The Department of Health and Human Services (HHS), the Centers for Disease Control and Prevention (CDC), and the American Academy of Allergy, Asthma & Immunology (AAAAI) will work with schools to start SA3MPRO-based programs.

## Each SA3MPRO program has four key parts:

1. Circle of Support: It takes a team of families, healthcare providers, and school nurses to make sure students aren't sidelined by asthma symptoms.
2. Asthma Management Plans: It's vital that schools know about each student's experience with asthma. A plan starts with a record of the child's medications. It explains when, how, and by whom the medicines or inhaler are given. It also should list that child's triggers and treatment instructions, from a mild case to an emergency.
3. Comprehensive Education Plan: The SA3MPRO plan shares the duty to care for children. It gives educational information about asthma symptoms and how to spot a flare-up to all staff members. If teachers and staff can spot problems early on, then hopefully, students can get help faster, and lower the impact. In some cases, schools may be visited by a Breathmobile or mobile clinic.
4. Assess and Remediate: SA3MPRO helps schools find and fix things in the environment that could cause flare-ups.



Before your child poses for that first-day-of-school photo, ask local leaders if they're using the SA3MPRO program. If not, ask about starting a program at your child's school so kids can focus on schoolwork and not miss out on classroom time due to asthma. SA3MPRO toolkits are on hand at [aaaai.org/Tools-for-the-Public/School-Tools/SAMPRO](http://aaaai.org/Tools-for-the-Public/School-Tools/SAMPRO).

*References: "Interdisciplinary Approaches Help Reduce Asthma Burden." Healio, [www.healio.com/news/primary-care/20210310/interdisciplinary-approaches-help-reduce-asthma-burden?utm\\_source=selligent&utm\\_medium=email&utm\\_campaign=news&M\\_BT=4104529368299](http://www.healio.com/news/primary-care/20210310/interdisciplinary-approaches-help-reduce-asthma-burden?utm_source=selligent&utm_medium=email&utm_campaign=news&M_BT=4104529368299);" "SA<sup>3</sup>MPRO™: Comprehensive Asthma Educational Resources." American Academy of Allergy Asthma & Immunology, [www.aaaai.org/Tools-for-the-Public/School-Tools/SAMPRO](http://www.aaaai.org/Tools-for-the-Public/School-Tools/SAMPRO).*

## Asthma 2021 Updates

Part of helping you live the healthiest life possible is protecting you from sickness and disease when possible. The COVID-19 vaccine is covered 100% on all SelectHealth® plans. Please visit [selecthealth.org/who-we-are/covid-19-coverage](http://selecthealth.org/who-we-are/covid-19-coverage) if you have any questions about COVID-19 coverage information.

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Health and wellness or prevention information

P.O. Box 30192  
Salt Lake City, Utah 84130



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