

# HOW TO PREPARE FOR AN EMERGENCY IF YOU HAVE ASTHMA

## Know your triggers and learn how to avoid them

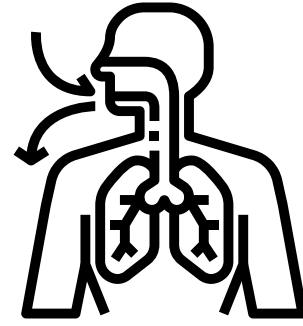
Some of the most common triggers are:

- Tobacco
- Smoke
- Dust mites
- Air pollution
- Cockroach allergen
- Pets
- Mold
- Flu

In Philadelphia, people of color with asthma are more likely to have severe asthma attacks that could lead to hospitalization or even death as a result of these triggers, so it's important to be prepared.

This is due to the long-term effects of systemic racism such as:

- Less access to medical care.
- Having to live in older homes with lead paint and asbestos.
- Lack of access to healthy foods and malnutrition.
- Neighborhoods with poor air quality.



For people who have asthma it's important to be prepared in case of a public health emergency.

It can be hard to reach your doctor or get prescriptions filled in situations like:

- Severe storms
- Flooding
- Power outages

## Before an Emergency

- Make a plan to keep your asthma under control by talking with your primary care provider. Visit [www.phila.gov/primary-care](http://www.phila.gov/primary-care) to find one, no insurance needed.
- Talk to friends and family regularly and have them check on you often.
- Have at least two emergency contacts with all their contact information.
- Have your primary care provider's contact information.
- Get free emergency or weather alerts from the City of Philadelphia. Text READYPHILA to 888-777 for free text alerts.



## What are treatments for asthma?

Talk with your primary care provider to create a treatment plan.

- A plan includes ways to manage your asthma and prevent asthma attacks like:
  - Strategies to identify and avoid triggers.
  - Quick-relief medicines that help prevent or relieve symptoms of an asthma attack, like an inhaler or other medicines which work quickly to help open your airways.
  - Control medicines that you take every day to help prevent symptoms and reduce airway inflammation.
- Find a free or low cost primary care provider visit [phila.gov/primary-care](http://phila.gov/primary-care), insured or uninsured.
- If you or a family member have a severe attack call 911 immediately.

## Make a Readiness Kit

- Have 2 weeks worth of prescription medication including emergency medications like a rescue inhaler.
- Gather all your important documents, medical information, and identification.
- Flashlight and batteries.
- Non-perishable food.
- First aid kit.
- Toiletries.
- Water.



## Home repair assistance to help improve air quality in the house:

For older adults:

[Philadelphia Corporation for Aging](#)  
215-765-9040

For families with children with asthma: [CHOP Community Asthma Prevention Program](#)

215-590-5261

If you are interested in partnering with us or if you have questions about the Public Health Preparedness program reach us at: (215) 429-3016 Email: [PublicHealthPreparedness@phila.gov](mailto:PublicHealthPreparedness@phila.gov)

