

Key Questions to Ask your Healthcare Provider

If you are experiencing symptoms related to obstructive airway disease, such as wheezing and shortness of breath, you may have asthma or COPD.

Patients and caregivers can use the following key questions about cold and flu when visiting their healthcare provider. These questions will help you learn how to control your asthma/COPD and how to prepare for potential serious respiratory conditions associated with the cold and flu season:

1. As an asthma/COPD patient, what can I do to help protect myself during the cold and flu season?
2. Do I have the medications I need (i.e., controller and rescue inhalers) to properly treat my symptoms during cold and flu season?
3. What are the differences between the various types of controller (inhaled corticosteroids) and rescue inhalers (short-acting beta agonists [SABA])?