

## *Living with Asthma*

- **You can control your asthma.**
- **Your asthma does not need to limit what you do!**
- **Take steps now to control your asthma.**

**Asthma can be controlled. Your asthma does not need to limit what you do!**



**Good asthma control means:**

- No emergency room visits
- No missed days of school or work
- No sleepless nights
- No limits on activity

**Take steps now to control your asthma.**

- See your doctor for an asthma checkup every few months.
- Pay attention to what makes your asthma worse. Avoid asthma “triggers” when possible. Take steps to manage the triggers in your home.
- Work with your doctor to create a written asthma management plan. Keep it handy and refer to it when you feel your asthma is getting worse.
- Use your medications the right way. Show your doctor how you take your medicine. Practice doing it right with him or her.
- Check your peak flow often. A peak flow meter can tell you when your asthma is getting worse before you can feel it.
- If your child has asthma, talk about it to the people at their school. Make sure they know how to take care of your child too. Your child should be able to take their medicine at school.
- Take good care of yourself. Eat healthy foods and drink plenty of water. Exercise regularly and get enough sleep.
- Get an annual flu shot.

