

5 things to KNOW ABOUT asthma

1

Asthma is a long-term (chronic) disease of the airways.

Airways get swollen, narrow, and make mucus. Asthma can cause symptoms like coughing, wheezing, or feeling short of breath.

2

Know your medicines and how to use them.

Controller—used everyday to control airway swelling. You need a daily controller medicine if you have:

- Day symptoms—more than 2 times a week
- Night symptoms—more than 2 times a month

Quick-Relief—keep this medicine with you, but use only when you're wheezy or short of breath.

Devices—know how to use your spacer or nebulizer.

3

Learn what makes your asthma worse.

- Stay away from things that trigger your symptoms. This may be tobacco smoke, pets, dust, pollen, colds or other things at home or work.
- If you have symptoms when exercising, use your quick relief medicine **before** you exercise.

4

Keep track of your symptoms.

- Keep a diary of your symptoms.
- A **peak flow meter** may be useful if you're over 5 years old.

5

Have an Asthma Action Plan.

Schedule a visit with your doctor or nurse to review and update your plan every year.

- See your doctor at least once a year.
- Ask your doctor or nurse about an annual flu shot.*