



Assess and Monitor Your Control:

Six Questions to Assess Asthma Control

- I have symptoms more than two days per week.
- I wake up at night with trouble breathing 1 – 3 times per week.
- My asthma makes it hard to do daily activities.
- I use my quick-relief inhaler more than two days per week.
- I have had two or more asthma episodes that required treatment with oral corticosteroids in the past year.
- I have had an asthma episode that required a call to 911, an urgent visit to the emergency room or hospitalized for my asthma in the past year.

If you answered “yes” to one or more of these questions, your asthma may not be under control. Continue along the pathway to learn more about how to manage your asthma.

Understand your medication:

Take the right medicine at the right time and in the right way!
By taking the right medicine at the right time, you can:

- Breathe better
- Do more things you want to do
- Have fewer asthma symptoms



Make your doctor visits more proactive:

Questions to ask your doctor:

1. Am I using my medicine correctly?
2. How do I best manage my asthma?
3. How do I reduce my asthma triggers?
4. Could my home or workplace be making me sick?
5. What other changes can I make to improve my asthma?

Create an asthma action plan:

Work with your healthcare provider to develop an asthma action plan that targets your specific type of asthma. Your asthma action plan will include:

- Symptoms to Monitor
- Your Medications
- Potential Triggers
- Emergency Contact Information



Learn asthma self-management skills



To learn **more** about asthma take the American Lung Association's free interactive online learning module Asthma Basics Lung.org/asthma-basics