Assess and Monitor Your Control:

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

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

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?

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To learn more about asthma take the American Lung Association's free interactive online learning module Asthma Basics

Lung.org/asthma-basics

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.

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