ASTHMA: TAKE ACTION. TAKE CONTROL.

WHAT IS ASTHMA?
If you have asthma, the tubes that bring air into the tiny air passages in your lungs get too tight, which makes it hard to breathe. When you have trouble breathing, you could be having an asthma flare.

You feel symptoms of asthma 2+ times a week
Your asthma wakes you up 2+ times a month
You run out of quick-relief medicine 2+ times a year

YOUR ASTHMA MIGHT BE DIFFICULT TO CONTROL IF:

TAKE ACTION
Many different triggers can cause an asthma flare. You should learn about the things that make you sick so you can stop an asthma flare before it happens.

YOU MIGHT... BECAUSE OF...
Have trouble breathing Smoke or dirty air
Have coughing or wheezing fits Allergens in the air
Feel squeezing in your chest Hard exercise
Feel tired Feeling very happy or very sad

TAKE CONTROL
1. Tell your doctor or caregiver when it's hard to breathe.
2. Your doctor can help you make an Asthma Action Plan so you won't have as many asthma flares.
3. Practice your action plan with your caregivers.
4. Asthma shouldn't hold you back! If you still have trouble breathing, talk to your doctor or caregivers.

DID YOU KNOW?
A good asthma action plan means you should be able to do everyday activities without any problems breathing

Walking Sleeping Playing Outside

To learn more about managing your asthma symptoms, visit chestnet.org/asthma and AllergyAsthmaNetwork.org/asthma

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