

ASTHMA: TAKE CONTROL. TAKE ACTION.



You can take an active role in your child's asthma care by talking openly and regularly with a healthcare provider. Here are some questions and tips that can help you prepare for your child's doctor appointments.

Asthma is a variable disease, with symptoms that come and go and often change in intensity. By having a healthcare team that knows your child's condition, it will be easier to maintain effective treatment plans and deal with emergencies. Well-controlled patients should experience symptoms no more than once a month and should experience no limits to everyday activities. **Is your child's asthma well controlled?** If you answer "YES" to one or more of the following questions, it may not be:

- Y / N** Does your child have asthma symptoms more than two days per week?
- Y / N** Does your child's asthma wake him or her up two or more times per month?
- Y / N** Outside of refilling their medication for lost devices or preventative care (i.e. using it before exercise/gym class), does your child run out of quick-relief medications more than two times per year?
- Y / N** Has your child had more than one burst of oral corticosteroids in the past twelve months?
- Y / N** Has your child visited the emergency room or hospital in the past twelve months due to asthma symptoms?

The following questions can help you prepare for child's next appointment:

1. Do you keep a detailed Asthma Diary for your child to help monitor their daily lung function? If so, bring it to your next appointment.
2. Does your child have an Asthma Action Plan detailing what medicine to take and when? If so, work with his or her healthcare provider to review and refine it.
3. What symptoms does your child experience? How often?
4. Do your child's asthma symptoms affect his or her everyday activities?

ASTHMA ACTION PLAN ZONES

GREEN: Your child is doing well

YELLOW: Your child's asthma is getting worse

RED: Your child needs immediate medical attention

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

