

Key Tips for Controlling and Self-Managing Your Asthma

- Plan to see your doctor for an asthma appointment at least every 6 months, even if you think your asthma is under control.
- Know when and how to correctly use your asthma medicines, especially your metered dose inhaler.
- Always use a holding chamber (or spacer) with your metered dose inhaler.
- Make sure you always have access to your asthma medicines, especially quick-relief inhalers.
- Get a written asthma action plan from your doctor. Make sure you understand it and have it updated at least every year.
- Know what triggers your asthma and how to avoid your triggers.
- Ask your doctor about tests to find out if you have allergies.
- Always avoid exposure to tobacco smoke.
- Ask your doctor about testing your lung function at least every 1-2 years.
- Be sure you get a flu shot (vaccine) every year
- Please inform the school nurse if your child has been in the hospital with an asthma episode.
- Provide the school nurse with a copy of your updated asthma action plan.