

ASTHMA ACTION PLAN

You can't cure asthma. However, you can take steps to control the disease and prevent its symptoms. For example:

- Learn about your asthma and ways to control it
- Follow your written asthma action plan
- Use medicines as your doctor prescribes (Here's [how to use your inhaler device](#))
- Identify and try to avoid things that make your asthma worse
- Keep track of your asthma symptoms and level of control
- Get regular checkups for your asthma

MYTHS ABOUT ASTHMA

WHAT IS ASTHMA?

ASTHMA DIARY

ASTHMA ACTION PLAN

HOW TO CONTROL ASTHMA

HOW TO USE YOUR INHALER DEVICE