

Asthma can make it hard to breathe and can cause symptoms like coughing, wheezing, shortness of breath or tightness in your chest.

The Simple Steps to control asthma are:

1. Avoid your triggers when you can
2. Know how our medicines work and when to use them
3. Use the correct device with the correct technique
4. Follow your Action Plan

Asthma is well controlled when you have:

- no daytime symptoms
- no night time symptoms
- no limits to normal physical activity
- no missed school or work
- no regular need for reliever medicine except sometimes for exercise



**ASTHMA DOESN'T HAVE TO CONTROL YOUR LIFE.**

**YOU CAN CONTROL YOUR ASTHMA NOW!**

Remember the Simple Steps

Avoid Your Triggers + Take Your Medicines + Take your inhalers correctly = Asthma Control