

Living with Asthma

- **Asthma can be controlled.**
- **Your child's asthma does not need to limit what they can do.**
- **Take steps to control your child's asthma**



Good asthma control means:

- No emergency room visits
- No missed days of school or work
- No sleepless nights
- No limits on activity
- Not needing an inhaler or having symptoms more than twice a week

Take steps now to control your child's asthma.

- Bring your child to their doctor for an asthma checkup every few months.
- Pay attention to what makes your child's asthma worse. Avoid asthma "triggers" when possible. Take steps to manage the triggers in your home.
- Work with your child's doctor to create a written asthma management plan. Keep it handy and refer to it when your child's asthma is getting worse.
- Use the medications the right way. Show your doctor how your child takes their medicine. Practice doing it right with him or her.
- Talk about it with your child's teacher and school nurse. Make sure they know how to take care of your child too. Your child should be able to take their medication at school.
- Ensure that your child eats healthy food, drinks plenty of water, exercises regularly and gets enough sleep.
- Ensure that your child receives a flu shot every year.