

What can you do to help manage your asthma symptoms?

When you first start having asthma symptoms, it may be a little scary. Here are some things you can do to help start managing your asthma:

Keep track of your symptoms:

- Are you coughing? Wheezing?
- Are you having trouble catching your breath?
- When do you feel this way? During the day? At night?
- What were you doing when you started feeling this way?

Work with your health care provider. He or she can:

- Answer your questions.
- Give you tips to help manage your asthma.



Follow your treatment plan:

- Take the medicines as your health care provider tells you to.
- Take your controller medicines even if you aren't having symptoms any more.
- Make sure you know what each medicine does.
- Find out how to take your medicine the right way.
- Find out when to take your medicine. If you are unsure, ask your health care provider or pharmacist for help.



Provided as an
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Continued from other side

Find out what causes your asthma symptoms:

- Notice what your triggers are.
- Do what you can to stay away from them.

Write down all the details about your breathing problems:

- List when and how you get asthma attacks.
- Include a record of your peak flow readings if you have them.

TIP

Visit your health care provider on a regular basis

