



Take Control of Your Asthma

Monitor your symptoms

Good asthma control means:

- You have symptoms less than twice a week
- You need your reliever medicine less than twice a week, or not at all
- Your activities are not limited by your asthma
- You don't get any symptoms at night or when you wake up

If you're having symptoms or needing to use your reliever more than twice a week, your asthma could be better controlled and might be holding you back.

Know your triggers

A trigger is something that causes asthma symptoms. Identifying and avoiding your triggers where possible can help to control your asthma.

Understand your medication

Asthma medications keep you well and maintain good asthma control.

Always carry your reliever medication for quick relief from asthma symptoms. If you have a preventer, take it every day as prescribed, even when well, to reduce symptoms and the possibility of an asthma flare-up.

Check your inhaler technique

Using your inhaler correctly helps your medications work better and reduce the risk of side effects. If you use a puffer, using a spacer as well will help get more medication into your lungs. To check your inhaler technique, contact Respiratory Care WA, your doctor or pharmacist.

Have an current Asthma Action Plan

An Asthma Action Plan is a set of instructions written with your doctor that helps you to stay in control of your asthma. Review your Asthma Action Plan with your doctor every day.

Know asthma first aid

As asthma flare-up can build slowly over time or come on suddenly. If you are experiencing a severe or life-threatening asthma attack, call an ambulance - Dial Triple Zero (000) and then start asthma first aid. If you are experiencing a mild to moderate asthma flare-up, start asthma first aid.

Be healthy

Be active, eat well, maintain a healthy weight. Quitting smoking will improve your lung health. Keep up to date with your flu shots. Look after your mental health. For more advice regarding a healthy lifestyle speak to your doctor or pharmacist.