

Name: _____ Date: _____


Ways to Prevent Asthma Attacks


(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)

The best ways to prevent asthma attacks:

- See the doctor regularly
- Follow doctor's order and use asthma medicines as prescribed
- Avoid triggers when possible

Asthma triggers are things that cause airways to get swollen or irritated. It is important to take controller medicines regularly, but even with regular medicine, triggers can still cause an asthma attack. Controlling triggers around you or your child will help prevent asthma attacks.

 **When did you or your child last see the doctor for asthma?** _____

 **When are you or your child due to go again?** _____

 **What medicines have you or your child been prescribed?**

Controller:

Rescue:

(Some medicines are used as both controller and rescue)



List some triggers for you or your child. How can you avoid them?

Triggers

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Ways to Avoid

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