

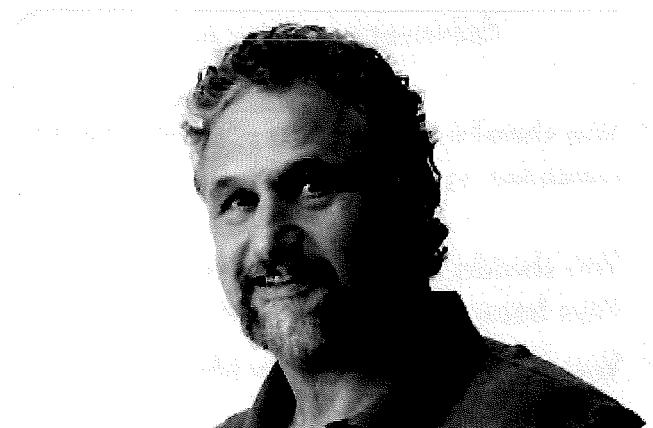
## What does it mean to manage your asthma?

There is no cure for asthma but that does not mean it will always bother you. You can learn to help control your asthma symptoms by:

- Taking your medicine as directed by your health care provider.
- Learning to reduce contact with your triggers as much as you can.
- Working with your health care provider to make an asthma action plan.

When your asthma symptoms are under control, here is what you could expect:

- You should have few, if any, asthma symptoms.
- You should be able to sleep most nights. Asthma symptoms should not wake you up or keep you awake.



### TIP

Know more about your asthma so you can help control it.



Provided as an  
educational resource  
by Merck

# ASTHMA

Continued from other side

- You should not need to use your rescue medicine as often.
- You should not miss work or school days because of asthma symptoms.
- You should be able to do physical activities.
- You may avoid visits to the emergency room or hospital stays.

