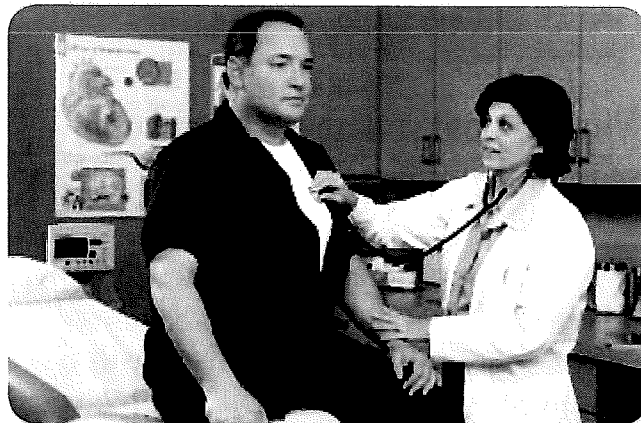


Are your asthma symptoms getting worse?

Sometimes your asthma symptoms are mild. They might go away on their own. They might only bother you once in a while. But if your asthma symptoms seem to be happening more often or are getting worse, you should tell your health care provider right away.

If you say yes to any of these things, see your health care provider as soon as you can:

- In the last 2 to 4 weeks have you noticed your asthma symptoms are happening more often or becoming more serious?
- Do asthma symptoms bother you at night and keep you from sleeping well?
- Are you having trouble doing your regular activities?
- Have you missed school or work because of asthma symptoms?
- Is your peak flow number low compared to your personal best number?



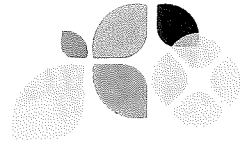
- Does your peak flow number change a lot from day to day?
- Do your asthma medicines seem to not work as well as before?
- Do you have to use your rescue medicines more than 2 days a week?

If your asthma symptoms are getting worse, call your health care provider right away. Set up a visit and take this list with you. It could help your health care provider better understand the cause of your symptoms and suggest changes to your treatment plan.



Provided as an
educational resource
by Merck

Continued from other side



When should you go to the hospital with an asthma attack?

Asthma attacks are serious and can be life-threatening. Take your rescue medicine as soon as you start to have asthma symptoms. Go to the hospital right away if your symptoms don't get better or if they get worse.

Learn all you can about asthma. Follow your asthma action plan to help treat symptoms before they get worse. Follow your plan to know what to do if your symptoms do not get better. If you have more questions about your asthma, ask your health care provider.

TIP

Call 911 or get someone to take you to the hospital right away.

