

Preventing Asthma Symptoms

Knowing how to prevent your asthma symptoms is important.

Help prevent your asthma symptoms by following these steps each day

- Take your daily preventive asthma medicine, even when you feel fine, as directed by your healthcare provider
- Always keep your rescue inhaler with you
- Make an asthma action plan with your provider
- Know your asthma triggers and how to avoid them

Asthma Triggers

There are many things, known as asthma triggers, that may bring on asthma symptoms or make them worse. Learn what your asthma triggers are and stay away from them when possible. For triggers you can't avoid, learn what to do to prevent asthma symptoms. Some common asthma triggers are:

- Exercise
- Pollen, mold, dust mites, or animal dander
- Things that irritate your airways (including tobacco smoke)
- Viruses like colds and flu



Things to think about...

- What do you want to do that you can't do now because of your asthma symptoms?
- What makes it hard for you to follow your asthma action plan daily?
- What do you want to talk about at your next asthma visit with your healthcare provider?

If your asthma symptoms get severe

Sometimes your asthma symptoms can become very severe and lead to a severe asthma episode. This is sometimes called a flare-up, or an attack.

- During a severe episode, your airways tighten more than usual. This makes it harder to breathe

You may see symptoms or other warning signs before you have a severe asthma episode.

- Knowing what your symptoms or warning signs are can help you take action to prevent a severe episode

Here are some symptoms and warning signs to watch out for:

- Wheezing
- Getting out of breath easily
- Tightness in chest
- Increased coughing
- Drop in peak flow meter reading
- Breathing faster than normal
- Using your rescue inhaler more often than usual
- Waking up at night with asthma symptoms
- Not being able to do some or all of your usual activities
- Other: _____

What to do if you have severe asthma symptoms

- Follow your asthma action plan and directions from your healthcare provider
- Use your rescue inhaler as directed by your provider
- Relax, stay calm, and try to breathe slowly and deeply
- Get help when you need it. Tell someone if you notice it's getting hard to breathe

CALL 911 or GO TO THE HOSPITAL if:

- You have trouble walking or talking, *or*
- Your lips or fingernails are blue

Talk with your healthcare provider today
about what you can do to prevent asthma symptoms.



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This material was developed by GlaxoSmithKline.