

What does it mean to manage your child's asthma?

There is no cure for asthma but that does not mean it will always bother your child. There are ways to help control your child's asthma symptoms.

1. Help your child take his or her medicine the way the health care provider told you.
2. Help your child learn to reduce contact with asthma triggers.
3. Work with the health care provider to create an asthma action plan for your child.



TIP

Work with the health care provider to make your child's asthma action plan and to find medicines that are right for your child. Ask lots of questions. Take an active role in helping your child manage his or her asthma.



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ASTHMA

Continued from other side

When your child's asthma symptoms are under control, here is what you both could expect:

- Your child should have few, if any, asthma symptoms.
- Your child should be able to sleep most nights. Asthma symptoms should not wake your child up or keep him or her awake.
- Your child should not need to use his or her rescue medicine as often.
- Your child should not miss school days because of asthma symptoms.
- Your child should be able to do physical activities.
- Your child may avoid emergency room visits or hospital stays.

