



Key Questions

Here are some ideas to talk about with your doctor.
Tear this off and take it to your next asthma checkup.

What do I need to know?

What is asthma?
What makes my asthma worse?
Can I tell if an asthma attack is coming?
Will I always have asthma?

How can I keep my asthma under control?

How and when should I take my asthma medicines?
What kinds of asthma medicines am I taking (quick relief, controller, etc)?
What can I do at home, at work or school to make my asthma better?
Do I have to limit any of my activities?
When should I get help from a doctor or hospital for my asthma?
How often should I see my doctor for asthma check-ups?

Why will this help me?

Why do I need to keep away from my asthma triggers?
Why is it important to take my medicines the right way?
What can I expect to happen if I do all, or most, of these things?
What can I expect to happen if I don't?

Trigger Tracker

Use copies of this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I when my asthma got worse?



Home



Work



School



Outdoors

Other : _____

When did my asthma get worse?



Morning



Afternoon



Evening



Night

What was around me or what was I doing when my asthma got worse?



Smoke



Pets



Pests



Food



Cleaning



Dust



Colds/Flu



Mold



Exercising



Hot or cold weather



Sleeping



Laughing

Other: _____

How were my symptoms?



OK

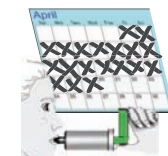


Mild



Bad

What did I do about my asthma today?



Controller medicine



Quick relief medicine



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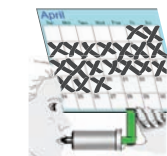


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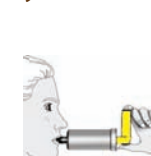


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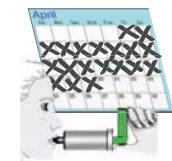


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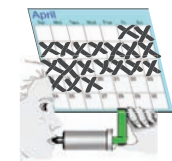


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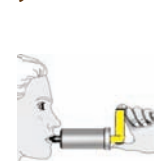


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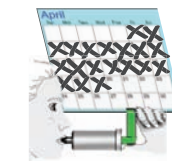


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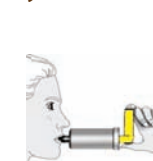


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