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  Doctor

Other: _________________________________________

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Morning  Afternoon  Evening  Night

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