Good asthma control means:

- You sleep, exercise, and feel well
- You can do what you want and not have trouble with your asthma
- You should not need albuterol every day to treat "attacks" (even with exercise)
- You should not miss any school or work due to your asthma
- You do not need to go the Emergency Room

WHO DO I CALL IF I HAVE QUESTIONS OR PROBLEMS?

You should contact your doctor or clinic if:

- You have more than 2 nights a month or 2 days each week with asthma symptoms
- You use albuterol more than 2 times a week
- You are missing school or work because of your asthma
- You are out of asthma medicine or are about to run out
- You have problems or side effects from your medicine

WHAT DOES GOOD ASTHMA CONTROL LOOK LIKE?

You should understand your asthma and know what to do when it is not in control.

- Your doctor can assist you with an Action Plan to help you understand what to do with your asthma.
- You may need to use a medicine every day to have good asthma control. Your doctor may give you an inhaled steroid.
- You should have regular visits with your doctor.
- You should not have problems or side effects from your medicines.

SPECIAL INSTRUCTIONS

If you have questions, call the clinic at (303)____________ or the Denver Health Nurseline at (303) 739-1211 day or night.