



WHAT DOES GOOD ASTHMA CONTROL LOOK LIKE?

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

ALL YOU NEED TO KNOW IS "2"

- With good asthma control you will have no more than **2 days a week** with asthma problems.
- Nighttime asthma is more serious; good asthma control means you have no more than **2 nights a month** with asthma problems

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

HOW CAN I HAVE GOOD ASTHMA CONTROL?

- 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.