



HAVE ASTHMA?

**ASTHMA IS A SERIOUS ISSUE AFFECTING OUR COMMUNITY.
KNOW YOUR ASTHMA & TAKE CONTROL.**

LEARN THE FACTS

- Death from asthma is 100% preventable.
- You do not “outgrow” asthma. Asthma affects all ages and can develop later in life. It is a chronic (lifelong) condition.
- Asthma triggers can include reactions to the weather, environment and things in your home, school, or office.
- Asthma medications are very specific and necessary to help you stay in control during emergencies.

TAKE ACTION

- ✔ See your doctor regularly & always follow your Asthma Action Plan with medication instructions.
- ✔ Refill & take your asthma medications as prescribed.
 - ALWAYS carry your rescue medication (like Albuterol) with you.
 - Speak with your doctor if you can't afford medications and ask for two sets of rescue medications to keep where you can access the quickest. You can speak to your doctor about adjusting your medications as needed.
- ✔ Know & avoid your triggers.
 - Help people around you understand your asthma triggers and symptoms so they can help you prevent asthma emergencies.
- ✔ Get your flu shot early every year.

TOGETHER WE CAN PREVENT MISSED SCHOOL DAYS, ASTHMA EMERGENCIES, & DEATHS DUE TO ASTHMA.

Learn more about asthma programs and resources: www.bphc.org/asthma | asthma@bphc.org

