

ASTHMA CHECKLIST

✓ CHECKLIST TO CONTROL YOUR ASTHMA

MEDICATION

- ✓ Make sure inhalers aren't empty or out of date.
- ✓ Take medication as prescribed and use a spacer if your inhaler allows it.
- ✓ Ensure you always carry your reliever inhaler in your bag.
- ✓ Check technique with a doctor or nurse.



KEEP ACTIVE

- ✓ Ask your doctor if you need to use your reliever inhaler before activity.
- ✓ Sports which allow you to stop and start such as walking, cycling, yoga or team sports are great for people with asthma.



GET VACCINATED

- ✓ Get a flu vaccination every year.
- ✓ The flu vaccine is free for people with respiratory conditions.



REDUCE EXPOSURE TO GERMS

- ✓ Wash hands with soap.
- ✓ Use hand sanitizer.
- ✓ Try to avoid people with colds or flu.



KNOW YOUR TRIGGERS

- ✓ Triggers may be:
 - Stress and/or anxiety
 - Change of environment
 - Animals such as cats
 - Mould spores
 - Cleaning products.



ASTHMA ACTION PLAN

- ✓ Have an up-to-date asthma action plan.
- ✓ A plan helps identify what to do when well, unwell or need help in an emergency.

