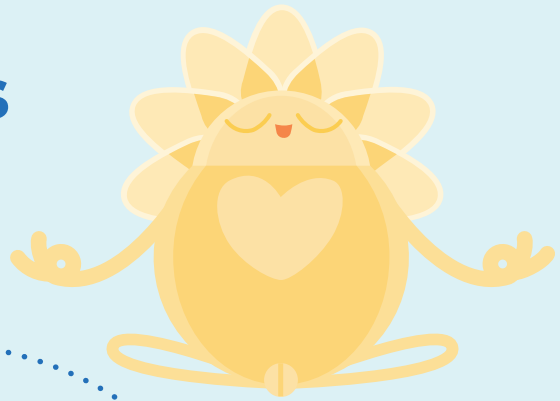
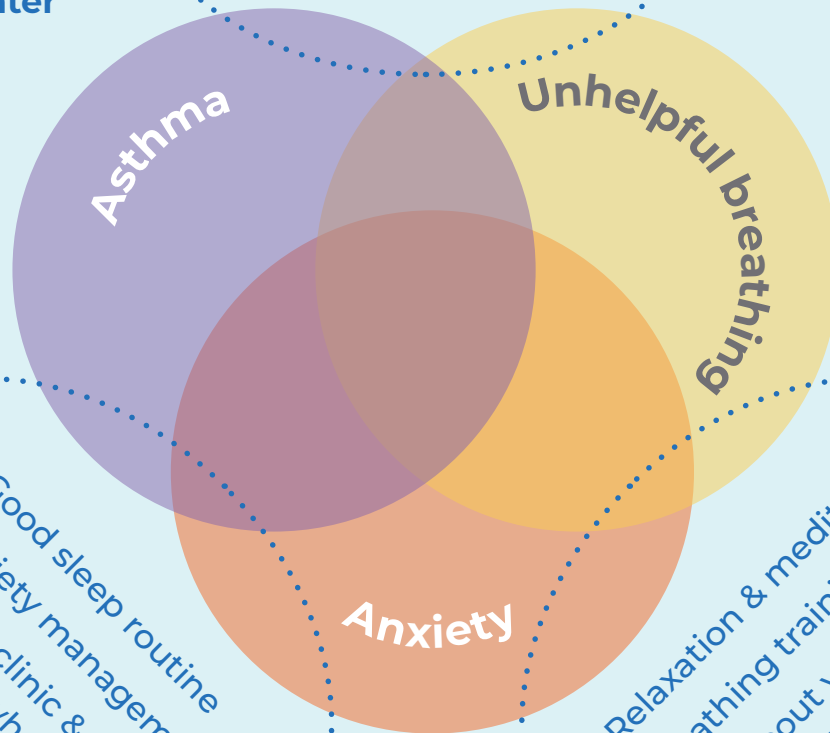


What can I do to help my symptoms go away?



REMEMBER
Follow your
Asthma Action
Plan and take
your preventer
inhalers
regularly.

- Get help to improve taking your inhalers
- Encourage exercise
- Learn to tell the difference between asthma & your breathing pattern



- Good sleep routine
- Anxiety management
- Attend clinic & speak with the whole team

- Relaxation & meditation
- Breathing training
- Talk about your concerns and goals