

## Get the Support You Need

The Lung Association has many different ways we can help children, adults, families and caregivers manage asthma effectively.

Connect with us if you have any questions about lung health. You can talk to a Certified Respiratory Educator by calling The Lung Health Information Line:

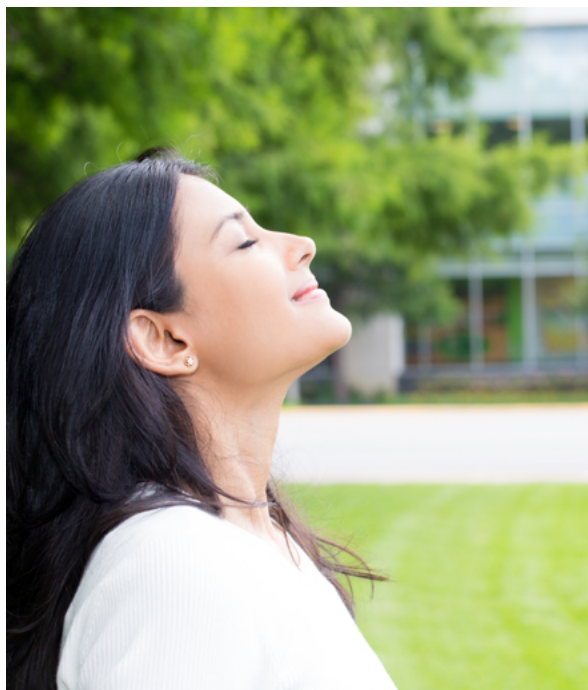
**1-888-344-LUNG (5864)**

Our products and services are free. More information and resources on asthma can be accessed on our website:

**[sk.lung.ca](http://sk.lung.ca)**

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# Asthma Control Check



**Find out if your asthma  
is under control.**

## Is your asthma well controlled?

Take this simple test to find out:

Do you need your reliever inhaler (usually blue) more than 3 times a week?      YES      NO  
     

Do you experience symptoms such as cough, wheeze, shortness of breath and/or chest tightness more than 3 days a week?      YES      NO  
     

Does asthma limit your ability to exercise or play sports?      YES      NO  
     

Do you have night-time symptoms once a week or more?      YES      NO  
     

Do you miss school or work because of asthma?      YES      NO  
     

Answering YES to any one of these questions may mean that your asthma is not controlled. You may wish to make an appointment to talk to your healthcare provider. To find out more, call a Lung Association Certified Respiratory Educator at 1-888-344-LUNG (5864).

## The Lung Association can help!

Our Certified Respiratory Educators can answer your questions and provide up-to-date educational materials about living with asthma. We also have materials specific to children living with asthma and the real issues that families deal with on a daily basis. These services and materials are free to Ontario residents.

Call our toll-free Lung Health Information Line today at 1-888-344-LUNG (5864) or visit our website at [sk.lung.ca](http://sk.lung.ca)

## What can you do to better control your asthma?

- 1 Try to identify the triggers that may cause your asthma symptoms and avoid them when possible.
- 2 Understand the types of medicines used to treat asthma and the differences between reliever and controller medicines.
- 3 Learn the warning signs of asthma and know what to do when you have an asthma attack. Talk to your healthcare provider about providing you with a written asthma action plan. Review your action plan at every visit. Ask questions and talk openly about your concerns.
- 4 Ask your healthcare provider to show you how to use your inhalers.

## Is something in your home triggering your asthma?

These are some common asthma triggers found in the home:

- cigarette smoke
- pets
- dust mites
- moulds
- household cleaning products
- pollens

