

Is Your Asthma Under Control?

If you answer YES to any of the following questions, your asthma may not be under control. Talk to your health care professional about your asthma control plan.

Do your asthma symptoms, such as coughing or wheezing, wake you up during the night?

YES NO

Do you wake up in the morning with wheezing, coughing, tightness in your chest, or shortness of breath?

YES NO

Is your peak flow less than 80% of your best (your peak flow when you are feeling well)?

YES NO

Do you have trouble participating fully in any activities of your choice?

YES NO

Does your asthma cause you to miss work or school?

YES NO

Have you been to the emergency room or hospital because of your asthma in the last year?

YES NO

Do you use your quick relief inhaler more than once a day?

YES NO

Does your quick relief inhaler last for less than three months?

YES NO

Do your asthma medications cause any bad or undesirable side effects?

YES NO

Remember

Regular communication and visits to your health care provider are important ways of making sure that your asthma treatment plan meets your needs, even when your asthma is under control.