

Asthma care essentials:

Trigger smart; steps to reduce flare-ups



Managing asthma well means controlling triggers and using inhalers correctly to keep airways open and symptoms at bay.



Living with asthma

- Use inhalers/medicines exactly as prescribed
- Know and avoid triggers
- Have and follow an asthma action plan
- Keep rescue inhaler during activity.



Not at risk

- Avoid smoking & secondhand smoke
- Keep indoor air clean and ventilated
- Stay active and vaccinate against respiratory infections
- Seek advice for persistent cough/wheeze.



Intermittent symptoms / At risk

- Track symptoms and triggers
- Learn correct inhaler techniques
- Reduce indoor allergens and avoid smoke
- See clinician for preventive treatment, if necessary.