



ASTHMA RED FLAGS

- Frequent visits to the ER or a stay in the hospital
- Using 4 or more puffs of your rescue inhaler per week
- More than 2 courses of steroids in a year
- A feeling that asthma is controlling your life & nothing seems to work
- Frequent flare-ups, asthma attacks and severe symptoms
- A feeling that your condition is life-threatening
- Regular absences from work, school or other activities
- A feeling of wanting to withdraw