

According to your answers to this quiz, you have an **asthma red flag, which should not be ignored**. They are clear signs that your asthma is not controlled.

You **definitely** need some help to make sure you are managing your asthma properly and would most likely benefit from seeing a specialist. We recommend that you schedule an appointment with your health care provider. Tell them about your symptoms and ask them to:

- Make sure your breathing has been measured (through spirometry)
Watch you use your inhaler to check your technique
- Discuss whether you are taking your medication as prescribed
- Discuss if you should be referred to a specialist

