

# 10 TIPS FOR ASTHMA CONTROL

Asthma control means fewer symptoms, less disruption and more confidence in managing your health.



## 1. Book a yearly asthma check-up

Meet with your healthcare professional at least once a year to review your asthma, treatment plan and overall control.



## 2. Keep your Asthma Action Plan up to date

Your Asthma Action Plan is your personal roadmap for managing asthma and recognizing when it is worsening. Develop it with your healthcare professional and review it at each health check.



## 3. Take your controller medication as prescribed

Controller medicines help prevent asthma flare-ups. Even if you feel well, take them as instructed by your healthcare professional.



## 4. Know & manage your triggers

Everyone's asthma is different. Learn what makes your asthma worse and take steps to reduce or avoid those triggers. Common triggers include pollen, smoke and cold air.



## 5. Be prepared for an asthma attack

Carry your reliever inhaler with you at all times and know your Asthma Action Plan steps for what to do during and after an attack.



## 6. Recognize when your asthma is getting worse

Pay attention to warning signs like if you're waking at night, noticing tightness in your chest, or needing your reliever more often (more than twice a week).



## 7. Use your inhaler properly

Good technique helps medicine reach your lungs. Have your healthcare professional or pharmacist check your technique regularly. Use a **spacer** with your inhaler if possible.



## 8. Reach out for support

Our bilingual **Asthma & Allergy HelpLine** connects you with Certified Respiratory Educators who can answer your questions and guide you with your asthma management. Call **1-866-787-4050** or email [info@asthma.ca](mailto:info@asthma.ca).



## 9. Stay up to date on vaccines

Respiratory infections like flu, RSV or pneumonia can make your asthma worse. Talk to your healthcare provider about which vaccines are right for you.



## 10. Manage your physical & mental health

Regular exercise, good sleep, a balanced diet and caring for your mental health all support lung health and overall well-being.

Download your Asthma Action Plan:  
[asthma.ca/asthma-action-plan](https://asthma.ca/asthma-action-plan)

