

## Learn to Live a Healthy and Active Life with Asthma

Following are steps that you and your doctor should take to learn if you have asthma and to take care of your asthma:

1. Know the signs and symptoms of asthma, which may include one or more of these: cough, shortness of breath, chest tightness, wheezing.
2. Your doctor should take the following steps to learn if you have asthma:
  - Take your detailed medical history.
  - Perform a physical exam, which includes an exam of your nose, throat, lungs and skin.
  - Measure your lung function using spirometry (a breathing test).
3. Your doctor may take other steps to find out if you have asthma and to decide how to treat it.
4. If you have asthma, you and your doctor must identify what triggers your asthma symptoms.
5. Work with your doctor to write your **ASTHMA ACTION PLAN** and learn how to follow it.
6. Learn how to control your asthma:
  - Know your triggers.
  - Know when your asthma is getting out of control.
  - Know what to do about it.
7. Routinely use and record peak flow measurements, if recommended.  
*Write down your numbers.*
8. Use your medications correctly.