



ASTHMA

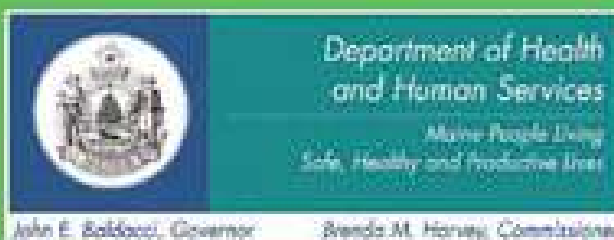
Action Plan

Think Ahead

**People who have a written
Asthma Action Plan have better
controlled asthma**

- 1. Get a plan! Ask your doctor to fill out an asthma action plan.**
- 2. If you are in school, be sure the school nurse has a copy of your plan.**
- 3. Keep your plan posted in a place where you can see it each day.**
- 4. Visit your doctor and update your plan at least yearly.**
- 5. Following your plan can lead to well managed asthma.**

**A Message from the Maine Asthma Prevention
and Control Program.**



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

www.mainepublichealth.gov