



ASTHMA

Control

You Can Control Your Asthma

Seven tips to remember:

- 1.** See your doctor for regular check-ups.
- 2.** Set goals for yourself that help you to feel healthier.
- 3.** Have a written asthma action plan.
- 4.** Avoid things that make your asthma worse; like cigarette smoke, dust, perfumes or furry animals.
- 5.** Take all your medication exactly as prescribed by your doctor.
- 6.** Get your flu shot each year.
- 7.** Try to exercise regularly to improve your overall lung health.

A Message from the Maine Asthma Prevention
and Control Program.



Department of Health
and Human Services

Maine People Doing
Safe, Healthy and Productive Lives

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

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