



## Daily controller medicines can help prevent asthma symptoms.

Medicines that a child takes every day can help block asthma symptoms before they start. These include:

- Inhaled controller medicines—some may contain steroids
- Oral controller medicines—steroid-free options are available

Of course, fast-acting inhalers are still an important part of treatment. By talking to their child's doctor, parents can find out which medicines make the most sense for their child.

**If a child uses a fast-acting inhaler more than 2 days a week, it's a sign that asthma may not be under control.**

## Common asthma triggers

Learning to avoid asthma triggers is an important part of a child's treatment. Everyone has different triggers. Things that affect one child may not affect another.

Some of the more common asthma triggers include:

- Animal dander
- Pollution
- Cockroaches
- Respiratory infections
- Cold air
- Scented cleaning solutions
- Dust mites
- Sulfites (a food additive)
- Exercise
- Tobacco smoke

**Partnering with a child's doctor is key in managing asthma symptoms.**

Please pass along this Health Ed 101 report to a parent who might find it helpful.

## Asthma control checklist

**Is your child's asthma really under control?**

This short quiz can help indicate how much asthma is affecting your child's life.

- Does coughing wake your child up more than 2 nights a month?
- Has your child recently missed school because of asthma symptoms?
- Does your child have to use a fast-acting inhaler more than 2 days a week?
- Has your child been prevented from going places or doing things (such as going to a playground or playing sports) because of asthma?

A Yes answer to any of these questions is a sign your child's asthma may not be under control. By talking with your child's doctor, you can build a partnership and start managing your child's asthma more actively.



Learn more online at

**ABCsOfAsthma.com**

- Watch videos of parents talking with their child's doctor.
- Teach kids about asthma with hands-on learning games.
- Get the details on a daily treatment option.

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