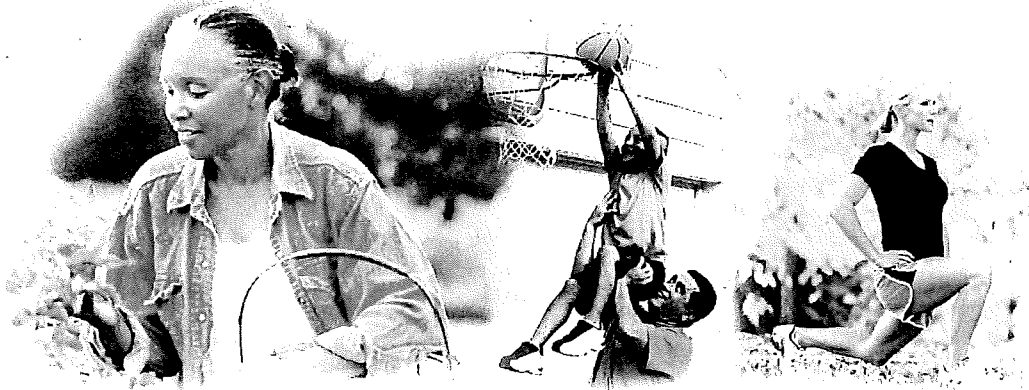


# Don't Let Asthma Slow You Down



Understanding more about your asthma symptoms can help you find ways to prevent them.

Think about your symptoms. Do you:

- Cough?
- Wheeze?
- Have chest tightness?
- Have shortness of breath?

You may have these symptoms during the day, at night, or after exercise. You may also notice that asthma triggers like pet dander or smoke can make your symptoms worse.

If you have these symptoms, talk with your healthcare provider about them. Include:

- The symptoms you have
- How often they occur
- When they occur
- What makes them worse

Work with your healthcare provider to find the best way to help prevent your asthma symptoms!



GlaxoSmithKline

This material was developed by GlaxoSmithKline.