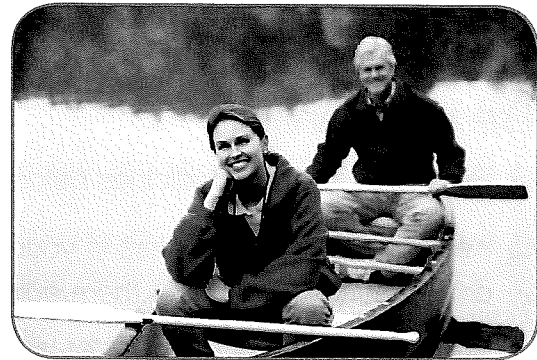


# You're Worth It!

## Learn more about asthma self-care skills

You may think about your asthma every day. Asthma can be frustrating partly because symptoms may change over time and can't always be predicted. Learn more about what you can do to take care of your asthma in any situation.



## Help yourself by learning more about asthma and self-care skills

- Talk with your healthcare provider about anything you want to do, but don't do because of asthma
- Ask your provider about an asthma action plan if you don't have one. It will help you know exactly what to do in any situation. Keep it up-to-date and look at it often. Share copies with your friends and family so they will know what to do if you need help
- Plan ahead for special events or travel. Think through what you need to do to help prevent asthma symptoms. Ask your provider for tips
- Join an asthma support group to talk about your feelings and concerns
  - Ask your provider if there is a support group in your area
- Think about the questions below. Write down specific questions to ask your provider

### Think about how asthma affects you

#### Do you worry about:

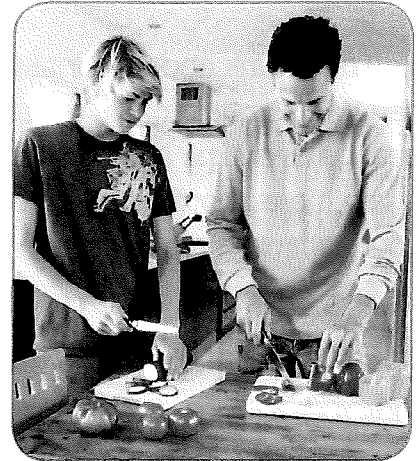
- How to prevent asthma symptoms?
- What to do when symptoms get worse?
- How asthma might limit your activities?
- When you should ask for help?
- Missing school or workdays?
- How to manage asthma triggers such as smoke and pet dander?
- What to expect over time?
- Anything else about your asthma?

## Enlist the help of friends and family to...

- Help you remember to take your daily preventive asthma medicine
- Keep pets and other triggers away when you visit
- Notice if your asthma symptoms get worse

## Be prepared!

- Refill your asthma medicines before they run out
- Keep spare rescue inhalers in your pocket, purse, desk, or wherever you can find them quickly
- Take your daily preventive asthma medicine as directed. Put it near your toothbrush or put a reminder on your bathroom mirror so you'll see it every day
- Pay attention to asthma symptoms. See your healthcare provider if your symptoms seem to be getting worse or occur more often



Talk with your provider to learn how you can help  
take care of your asthma in any situation.



GlaxoSmithKline This material was developed by GlaxoSmithKline.