

## Asthma Control Takes Teamwork!

You and the provider are a team working together to better manage your child’s asthma. It is important for you to take an active role in your child’s asthma care. Start by scheduling an office visit.

### Before the Doctor Visit:

- Take a few minutes to think about your child’s asthma and any problems they may be having.
- Bring a list of questions with you.
- **Bring all asthma medications with you to the visit.**

### At the Doctor Visit:

Tell the Doctor:	Ask the Doctor:
<ul style="list-style-type: none"> <li>• What medications your child is taking</li> <li>• How often your child is using their maintenance inhaler</li> <li>• How often your child uses their rescue inhaler</li> <li>• What asthma symptoms your child is having</li> <li>• Whether your child is sleeping through the night or not</li> <li>• How asthma is effecting your child’s daily activities</li> <li>• If your child has visited the ER or if your child has been hospitalized because of asthma symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• What medications should your child be taking? When? And how often?</li> <li>• How often should your child be using their rescue inhaler?</li> <li>• Is your child’s asthma under control?</li> <li>• What are asthma triggers and how can we avoid them?</li> <li>• Does my child need to update their Asthma Action Plan?</li> <li>• Should my child get a lung function test to see how serious their asthma is?</li> </ul>



### Make sure you:

- Listen carefully to the instructions the provider gives!
- Ask questions about what you do not fully understand.
- Understand how to use the Asthma Action Plan.
- Write down any information you and your provider talk about.
- Schedule your child’s next appointment.