

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



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.