

5 STEPS

TO BREATHE BETTER

Feel better and breathe better this World Asthma Day



TAKE CARE OF YOUR ASTHMA

- See your doctor for regular asthma check-ups
- Follow an up-to-date written asthma action plan, prepared with your doctor
- Take your preventer medicines regularly, as prescribed
- Check your inhaler technique with your pharmacist or practice nurse
- Understand what triggers your asthma and how to manage this