

# Controlling your asthma starts with you.

**While there is no cure, you can get your asthma symptoms under control with a few lifestyle changes.\***



- **Avoid triggers:** Common triggers are dust, air pollution, pets, mold, or grass.
- **Take your medications as directed:** Remember to refill them on time.
- **Be sure to know your medicines:** Know the difference between your controller and rescue medicine.
- **Have an asthma action plan:** Meet with your doctor regularly.
- **Get vaccinated:** Talk to your doctor about which vaccines are best for you. Many viral infections can trigger an attack.
- **If you smoke, stop:** Do your best to stay away from secondhand smoke, too.



Call your doctor if you're having frequent asthma attacks or feel as though your medicines aren't helping.

**HIGHMARK** 

Because Life.™

\*Centers for Disease Control and Prevention

Information obtained from Centers for Disease Control and Prevention.

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