

Tips for Taking Your Medicine



Make sure you understand your asthma action plan.

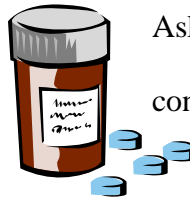
Think of ways to remember to take your medicines on time.



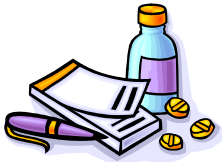
Be honest with your doctor about how often you take your medicines.



Ask your doctor about quick-relief medicines and controller medicines.



Learn the names of your medicines and what they do.



Make sure you always have enough of your medicines.



Talk with your teacher or school health care provider about your asthma action plan. Give them a copy.



Know what to do about your asthma while at school, work, or playing sports.

