



# Asthma Checklist

People often treat their asthma as a short-term condition that comes and goes when they have asthma symptoms. But, asthma is a chronic (long-term) condition that's always there, even when you don't have symptoms.

Follow our asthma checklist to ensure you're taking the right steps to live well with asthma.

## Visit your doctor for an asthma review

### With your doctor:

- assess your current level of asthma control
- make sure you are on the right medicines to manage your asthma (e.g. a preventer)
- check your inhaler technique
- ensure your written Asthma Action Plan is up-to-date

## Take the Asthma Control Test

If you have experienced any of the following in the last four weeks it indicates your asthma may not be under good control.

- daytime asthma symptoms more than 2 days per week
- need for reliever medication more than 2 days per week
- any limitation on activities due to asthma symptoms
- any asthma symptoms during the night or on waking

Take the Asthma Control Test at [asthmaaustralia.org.au](http://asthmaaustralia.org.au) to get your Asthma Score.

## Preventer – every day when well

Most adults with asthma should have preventer medication. Daily use of a preventer is key to keeping well. Regular use of your preventer makes the airways less sensitive and will reduce your symptoms.

## Check your device technique

Up to 90% of people are thought to use their inhalers incorrectly, which means the dose of medicine isn't getting into the lungs. Ask your doctor or pharmacist to check you are using your Inhaler medication device correctly.

## Get a written Asthma Action Plan

With your doctor, develop and follow a written Asthma Action Plan for:

- better controlled asthma
- fewer asthma flare-ups
- fewer days off work or school
- reduced reliever medication use
- fewer hospital visits

## Learn asthma first aid

Download the Asthma First Aid App from the iTunes store or Google Play.

For asthma information and support call the **1800 ASTHMA** Helpline (1800 278 462) or visit [asthmaaustralia.org.au](http://asthmaaustralia.org.au)