

Live well with your asthma

If you have asthma, see your doctor if you:

- Are coughing, wheezing or breathless at any time of the day or night
- Struggle to keep up with normal activity
- Use your blue/grey reliever puffer more than two days per week
- Are unsure about the way your medications and devices can work best for you
- Have had any asthma symptoms in the past month or a flare-up in the past year and you are not currently on asthma preventer medication

Asthma should not stop you living your life well!



Asthma
Australia

Contact your local Asthma Foundation

1800 ASTHMA Helpline (1800 278 462)

asthmaaustralia.org.au

Could it be asthma?

Do you ever:

- Get breathless or wheezy?
- Wake up coughing or wheezing?
- Struggle to keep up with your normal activity?

Being breathless is not a normal part of life or getting older.

Ask your pharmacist or doctor about a lung health check.



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