DOES YOUR ASTHMA CONTROL YOU?

- Using your puff frequently?
- Your sleep is affected by asthma?
- Asthma prevents you from exercising?
- You get tight in the chest?
- Whistling noise when you breathe?

Take CONTROL of your asthma

PRESS

ENGLISH

PRESS

CREOLE

See your Health Worker, Nurse or Doctor to work out YOUR asthma plan