

# DOES YOUR ASTHMA CONTROL YOU?



Using your puffer frequently?



Your sleep is affected by asthma?



Asthma prevents you from exercising?



ENGLISH

Take **CONTROL**  
of your asthma



CREOLE



You get tight in the chest?



Whistling noise when you breathe?



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



To order more resources phone (08) 8922 8196  
or email [lunginfonet@menzies.edu.au](mailto:lunginfonet@menzies.edu.au)