

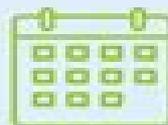
MANAGING ASTHMA EVERY DAY



**Managing triggers is just one part of controlling asthma.
Work with a healthcare provider to:**



Make an
asthma
action plan



Keep track of your
symptoms and where
you are when they occur



Learn how to
take medicines
as prescribed



Managing Asthma

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