



Is your Asthma well controlled?

- YES NO Do you have asthma symptoms more than twice a week? (cough, wheeze, tight chest)
- YES NO Do you use your 'reliever' blue inhaler more than twice a week?
- YES NO Do you use more than two [2] 'reliever' blue inhalers in a year?
- YES NO Do you ever wake at night with asthma?
- YES NO Do you ever have to restrict activities due to asthma?

**IF THE ANSWER IS YES TO ANY OF THESE QUESTIONS,
GET ASTHMA EDUCATION – SEE YOUR DOCTOR • TALK TO YOUR PHARMACIST**

OR CALL: – DeAnn Trott – (School Asthma Nurse) – 332-8915
Debbie Barboza – (KEMH) – 239-1652
Liz Boden – (Open Airways) – 232-0264



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