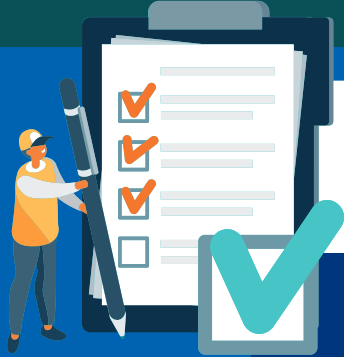


WORLD ASTHMA DAY

TOP TIPS TO LOOK AFTER YOUR ASTHMA



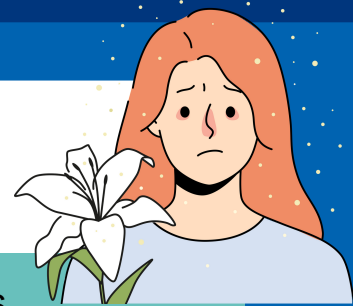
1

FOLLOW YOUR ASTHMA ACTION PLAN

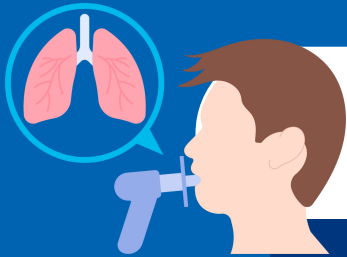
Work with your healthcare provider to develop an asthma action plan that outlines what to do in case of an asthma attack, including when to take medications and when to seek medical help. Make sure to follow this plan consistently.

2

IDENTIFY AND AVOID TRIGGERS



Common asthma triggers include allergens, pollution, exercise, and stress. Set up your alerts on the Digital Health Passport to identify and manage your triggers and take steps to avoid them.



3

MONITOR YOUR SYMPTOMS

Keep track of your asthma symptoms and peak flow readings using the Digital Health Passport app. This can help you identify patterns and triggers and make more informed decisions about your treatment.

4

MANAGE STRESS

Stress can exacerbate asthma symptoms, so it's important to find ways to manage stress effectively. This can include practicing relaxation techniques, such as deep breathing and meditation.



5

STAY PHYSICALLY ACTIVE

Exercise is important for overall health and can improve lung function in people with asthma. Work with your healthcare provider to develop an exercise plan that is safe and effective for you.

