



## Important Asthma Information for Teenagers

Whilst parents and family are there to help, teenagers should be aware that they too can successfully and responsibly manage their own asthma. Here are some tips to help teenagers to manage their asthma:

1. Remind them to always carry a blue reliever puffer with them and use when asthma symptoms occur.
2. Encourage them to let their friends know about their asthma and what to do in an emergency.
3. Remind them that having asthma doesn't make them different from others.
4. Understand what their asthma triggers are and avoid exposure where possible.
5. To use their doctor recommended medication before exercise, so they can participate in all sporting activities.
6. To avoid smoking and smoky areas.
7. To work with their doctor to prepare a written asthma action plan and have it reviewed at least annually or more often if they have severe asthma.
8. Include them in all discussions and decision making about the management and monitoring of their asthma.
9. Remind them to continue to take their preventer medications.
10. If they are reluctant to take their medication encourage them to monitor their asthma with a peak flow meter.

To obtain a copy of the 'Asthma: take control; great tips for teenagers' brochure or for more information contact the **Asthma Foundation of Victoria** on **1800 645 130** or visit **[www.asthma.org.au](http://www.asthma.org.au)**