



Asthma
Australia

Live well with your asthma

**If you have asthma,
see your doctor if you:**

- Wake up coughing, wheezing or breathless
- Struggle to keep up with normal activity
- Use your blue reliever puffer more than three times a week
- Are unsure about the way your medications can work best for you

**Asthma should not stop you
living your life well!**

**To find out more about asthma
contact your local Asthma Foundation:**

1800 645 130

asthmaaustralia.org.au

Translating and Interpreting Service: 131 450