



**Tough  
Times  
Happen**

Even though you are taking care of your asthma, there are going to be times when you mess up. That's okay. This only becomes a problem if it happens over and over again.



For more information,  
please contact:

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**Asthma Center**

Cincinnati Children's Hospital Medical Center

**Appointment: 513-636-2601**  
**Advice / Refills: 513-636-6771**  
**After Hours: 513-636-4200**



# Keeping Healthy Asthma Habits



Be proud of your progress!  
It's a challenge to control your asthma with all the stuff you've got to do – and you are doing it! You have developed habits that you can keep for the rest of your life. Great job and keep up the good work!

## Remember ...



### Common triggers are ...

- Tobacco smoke
- Dust mites
- Cockroaches
- Strong odors and sprays
- Mold
- Pets
- Cold Air
- Exercise

### Plan ahead by...

- Having two inhalers, one for home and one for my sports bag/backpack.
- Making my appointments right away and writing them down on a calendar or putting them in my cell phone.
- Asking, before I spend time at a friend's house, if anyone smokes there so I can avoid exposing myself to triggers for my asthma.
- Using my rescue inhaler 15 – 20 minutes before exercise if I have exercise induced asthma.



### Staying on track

Here are some ideas to help stay focused on healthy habits:

- Remember what it felt like to have your asthma in good control.
- Imagine what it would be like to have fewer asthma symptoms.
- Think about what you will be able to do when your asthma is not bothering you.



**I made  
a  
difference.**



**Build On  
Your  
Success**

You have been successful. That means you know how to do it!

Think about:

- What specific steps did you take to be successful with your goal?
- How did you overcome obstacles?
- Who supported you and how?
- How did you celebrate your success?
- Do you have a new goal that you would like to work on?