

IS YOUR ASTHMA CONTROLLED?

	ELEMENTS	AGE	WELL CONTROLLED*
IMPAIRMENT	Symptoms	Age 0–11:	2 or less days per week, but less than once on each day
		Age 12–Adult:	2 or less days per week
	Waking Up At Night	Age 0–4:	1 time or less per month
		Age 5–11:	1 time or less per month
		Age 12–Adult:	2 or less times per month
	Interference with Normal Activity	All Ages	None
	Quick Relief Medicine for Symptom Control	All Ages	2 or less days per week (does not include pre-treatment before exercise)
	FEV ₁ or Peak Flow	Age 5–Adult:	More than 80% of predicted or personal best
RISK	Episode Needing Oral Steroid Liquid or Pill:	All Ages	0 – 1 times per year

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*If your asthma is not well controlled, work with your doctor to improve your asthma action plan.