

# May is Asthma Awareness Month



[www.southfloridaasthma.org](http://www.southfloridaasthma.org)



[www.floridaasthmacoalition.com](http://www.floridaasthmacoalition.com)

Is your Asthma well controlled?

- Have you had shortness of breath in the past 4 weeks?
- Has your asthma limited your usual activities during the past 4 weeks?
- Have you had to use your rescue inhaler in the past 4 weeks?
- Have you had shortness of breath, chest tightness, wheezing, or coughing or did you wake up at night due to your asthma in the past 4 weeks?
- Has your asthma made you too tired to do work or play?

A “Yes” to any of these questions may mean that your asthma is NOT well controlled. Seek some medical assistance!

**To speak with an expert about your asthma and to help you find a local program call 1-800-LUNGUSA or visit [www.lung.org](http://www.lung.org)**