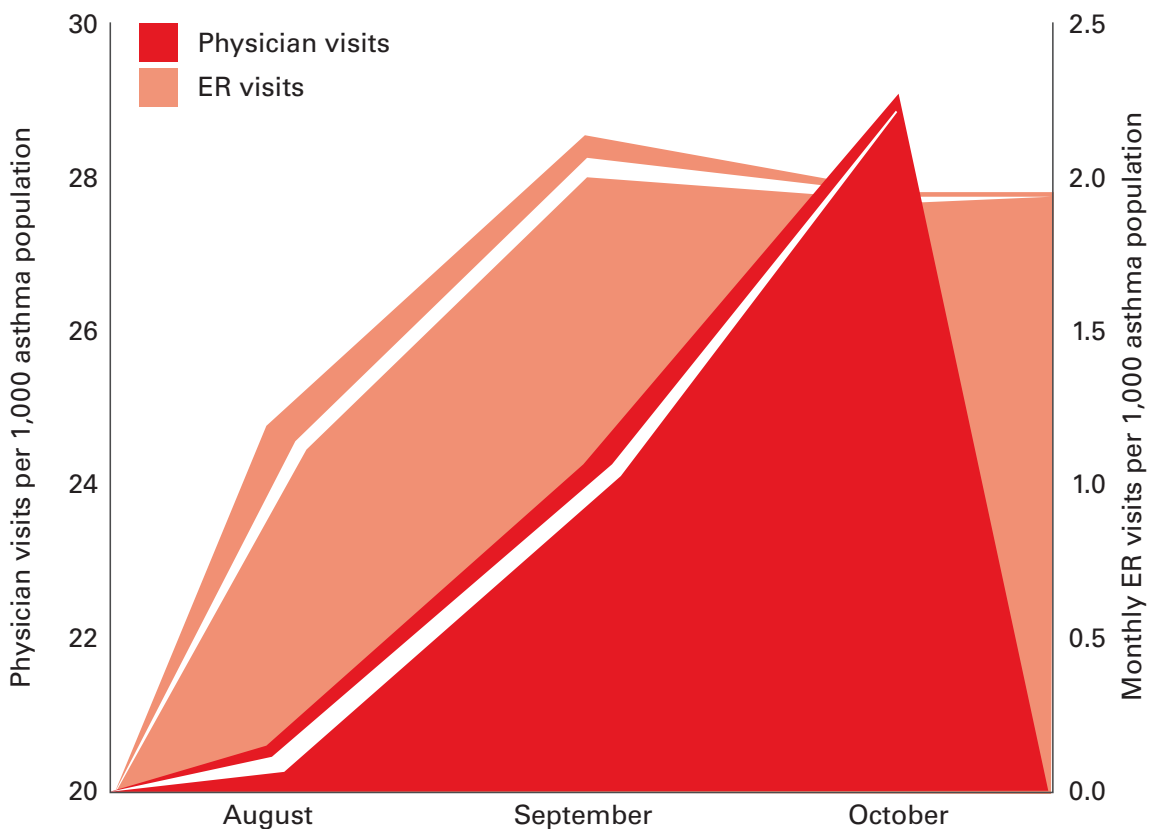




**BE PREPARED
FOR THE ASTHMA SPIKE**

Every fall brings the asthma spike

- Physician office and emergency room visits for children with asthma rise dramatically in the fall



Adapted from Larsen K et al. Ann Am Thorac Soc 2016;13(2):231-239.

Data from 2012-2013 Ontario Asthma Surveillance Information System, includes over 2 million people with asthma.

What can asthma patients and their caregivers do?



Have an up to date Asthma Action Plan



Take controller medications as prescribed



Be vaccinated against the flu



Use good hand washing hygiene

Resources for patients

Asthma Canada

Information for patients and caregivers

www.asthma.ca

Caring for Kids

Patient education site of the Canadian Pediatric Society

www.caringforkids.cps.ca

Breathe - The Lung Association

Patient education and advocacy

www.lung.ca

REFERENCE: Larsen K et al. Ann Am Thorac Soc 2016;13(2):231-239.