

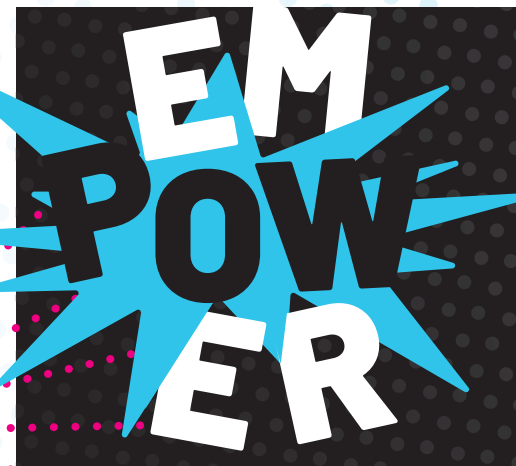
ENVIRONMENT

Know your asthma triggers and be aware of your surroundings.

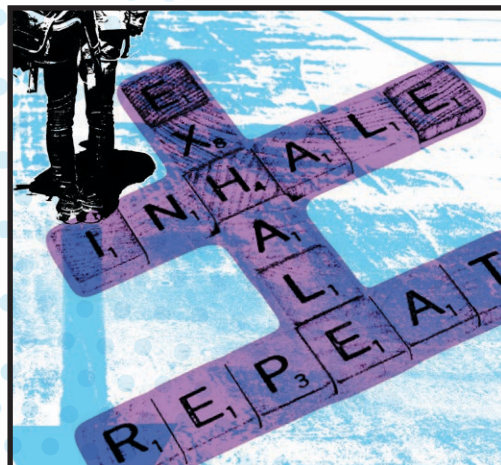


MEDICATION

Talk to your medical provider — be sure you have the medication you need and know how to take it.



Learn how to take charge of your asthma with EMPOWER — seven keys to caring for yourself and living an active, healthy life. Check out the tracks at the QR code below.



PLAN

Create a plan to manage your asthma so that you're prepared for different situations.



OPEN COMMUNICATIONS

Share what's going on with your family and friends so they can support you.



WELLBEING

Stay active, eat healthy and take care of your mental, emotional and physical health.

EMPOWER yourself!
Scan to hear the music
and to learn more:



HIP HOP
public health



EXTINGUISH

Avoid smoking, vaping and second-hand smoke, all of which make asthma worse.



RESILIENCE

Remember that you're not alone! Uncover a support network of friends, family and healthcare providers who can help you manage your asthma as you live your life.