

STRIKE 3. YOU'RE OUT!

Signs That Your Asthma May Be Out Of Control

STRIKE 3

You are using a rescue inhaler 3 or more times a week.

STRIKE 3

You are using 3 or more canisters of rescue medication a year.

STRIKE 3

You are awakening at night 3 or more times a month.

ANY STRIKE 3

Means your asthma may be out of control.

Ask your Doctor about an anti-inflammatory or controller medication.



TEXAS
Department of
State Health Services



TEXAS
Asthma Control and
Prevention Program