

How can the Asthma Action Plan help me take control of my child's asthma?

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With the help of the Asthma Action Plan, you will know how to best care for your child's asthma in any situation. The Asthma Action Plan will help you take control of your child's asthma by telling you:

- What medicine your child should take when he or she **is feeling well and has no asthma symptoms.**
- What medicine your child should take when he or she **is not feeling well.**
- What medicine your child should take when he or she **is feeling very sick.**
- What to do if the child is very sick and his or her **asthma symptoms are getting worse.**
- What **triggers your child's asthma .**

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