

Puffing twice? Seek advice.

If you're using your reliever **two times a week or more**, it means you have out-of-control asthma. But we can help you.

If your child is puffing twice, seek advice from the Asthma Foundation of Tasmania

When we visit schools to do our teacher information sessions as part of our Schools Program, it surprises many people to know that using a blue puffer twice a week is a sign that asthma is out of control. When asthma is out of control it gets in the way of getting the most out of life—and can lead to some very serious health problems in the future.

The good news is that to gain control is usually as simple as giving the Asthma Foundation of Tasmania a call.

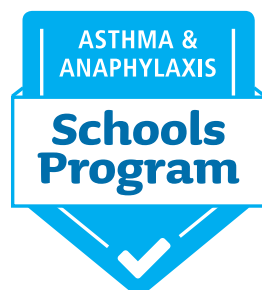
FREE consultation

When you call, don't forget to ask for our **FREE brochure** as well. Even if you would prefer not to have a consultation, remember to ask for this handy brochure: *Ten things to ask and tell your doctor.*



More school activities and services:

- Come along to a parent asthma and anaphylaxis session at your school.
- Book a school student information session – for any age group – on asthma and anaphylaxis
- On-line asthma training for parents, teacher and students
- Consultancy service for schools with students with asthma and anaphylaxis.



Call **1800 278 462**
or visit **asthmatas.org.au**

Asthma
Foundation
of Tasmania