**YOU CAN CONTROL YOUR ASTHMA!**

***WORLD ASTHMA DAY IS TUESDAY MAY 6, 2014.***

***MAY IS ASTHMA AWARENESS MONTH.***

Millions of people in the United States have asthma, a chronic lifelong disease that affects the lungs. Asthma can cause wheezing, breathlessness, chest tightness, and coughing. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes.

It’s time to get asthma under control. Tips for successful asthma management:

* Know the warning signs of an attack.
* Avoid things that may trigger an attack.
* Follow the advice of your healthcare provider.
* Create a personal asthma management plan.
* Use your asthma medicine as prescribed.

Using what you know about managing your asthma can give you control over this chronic disease. When you control your asthma, you will breathe easier, be as active as you would like, sleep well, stay out of the hospital, and be free from coughing and wheezing.

To raise awareness about the health consequences and personal and financial costs of asthma, (insert health department name here) is participating in World Asthma Day on May 6, 2014 and Asthma Awareness Month throughout May. (Name of health department) joins Centers for Disease Control and Prevention (CDC), The U.S. Environmental Protection Agency (EPA), and The Global Initiative for Asthma (GINA) in encouraging people with asthma to learn more about how to control asthma and prevent asthma episodes.

To learn more about how you can control your asthma, visit CDC's asthma site.

To learn how to raise awareness about asthma, visit GINA’s website at [www.ginasthma.org](http://www.ginasthma.org) and use CDC’s Online Asthma Awareness Kit (<http://www.cdc.gov/asthma/world_asthma_day.htm>).

To stay informed about air quality, visit the EPA AirNow website at <http://www.enviroflash.info>.

This year’s World Asthma Day theme is "You Can Control Your Asthma."

*It's Time to Control Asthma in \*\*\*\* (city/county/locality) and throughout the world.*