Education on asthma self-management (AS-ME) is part of EXHALE, a set of six strategies used by CDC’s National Asthma Control Program and its partners to help Americans with asthma.

Education on asthma self-management can:

• Improve medication adherence among people with asthma;
• Reduce asthma-related emergency department (ED) visits and hospitalizations;
• Decrease missed school or work days because of asthma; and
• Reduce healthcare costs.

AS-ME includes educating people with asthma and their families to:

• Use asthma medications correctly;
• Reduce exposures to asthma triggers such as cockroaches or mold; and
• Manage their condition when asthma symptoms worsen.

AS-ME can be delivered in various settings, including clinics, EDs, hospitals, pharmacies, schools, and homes. Nurses, certified asthma educators, community health workers, and others can deliver AS-ME.

Learn more about how AS-ME can help children and adults with asthma:
https://www.cdc.gov/asthma/exhale/