



If your child has asthma, to prevent asthma attacks, he or she should avoid common triggers, such as

- smoke,
- pollution,
- household chemicals,
- pet dander,
- dust mites, and
- pollen.



Also, using long-term and rescue medications as prescribed can help prevent asthma attacks.



Work with your child's doctor to create an action plan tailored to his or her needs, and share this plan with caregivers and teachers.



Looking for additional help with your child's asthma?

TRICARE beneficiaries ages 3-17 can get individualized telephone coaching with a licensed clinician.

Visit <https://www.tricare-west.com/go/DMFAQ> to learn more and nominate your child.