

ASTHMA

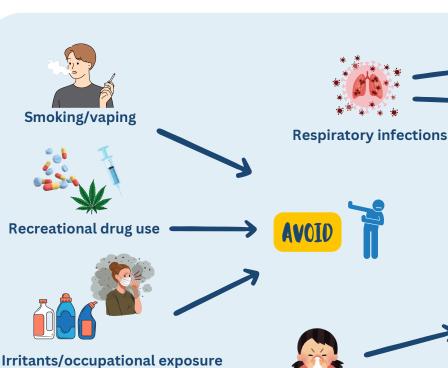


Lifestyle and prevention measures

General advice



STICK TO TREATMENT PLAN









VACCINATION

PROTECTIVE MEASURES

















AVOID OR CHOOSE WISELY

FIND SUPPORT



PRACTICE HEALTHY HABITS











Stress/ strong emotions