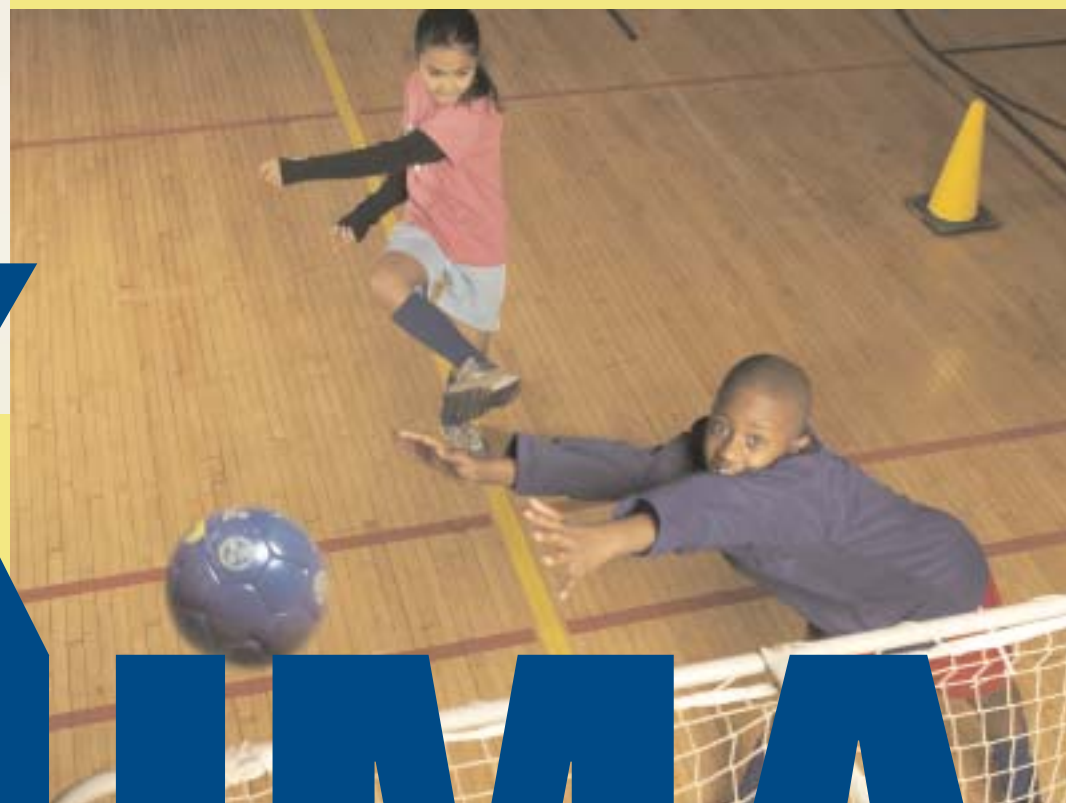




KICK



KICK ASTHMA



Keep It Under Control:

Know what starts your asthma.

Inform your doctor about symptoms.

Control frequent symptoms by using long-term control medicines and staying away from tobacco smoke and other triggers.

Keep regular doctor's visits & ask for a written "Asthma Action Plan."

Talk to your doctor or call 311 for more information.



THE NEW YORK CITY DEPARTMENT
of HEALTH and MENTAL HYGIENE
Michael R. Bloomberg, Mayor
Thomas R. Frieden, M.D., M.P.H., Commissioner
nyc.gov/health



Have a Regular Doctor:
A Key Step to a
Healthier New York