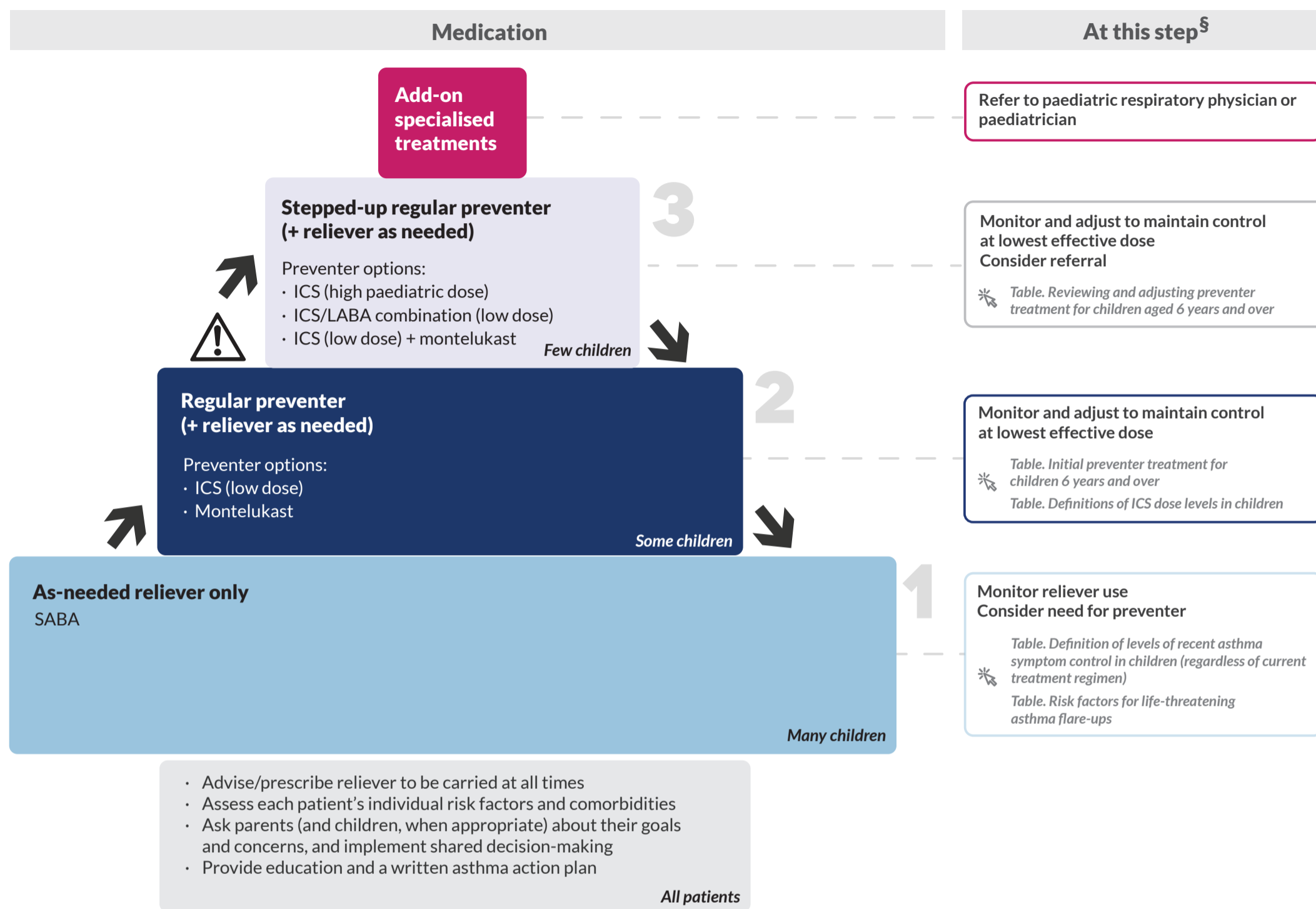


# Figure. Stepped approach to adjusting asthma medication in children aged 6-11 years



	Before considering stepping up, check symptoms are due to asthma, inhaler technique is correct, and adherence is adequate. Consider modifiable factors contributing to asthma symptoms (e.g. exposure to tobacco smoke or allergens, obesity or overweight).
	Consider stepping up if good control is not achieved despite good adherence and correct inhaler technique.
	Consider stepping down when asthma is stable and well controlled for more than 6 months.

ICS: inhaled corticosteroid; SABA: short-acting beta<sub>2</sub> agonist; LABA: long-acting beta<sub>2</sub> agonist

§ At all steps: Review recent symptom control and risk regularly. Manage flare-ups with extra treatment when they occur. Manage exercise-related asthma symptoms as indicated.