

Name: _____ Date: _____

What is Asthma?

(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)

Asthma is a long-term condition – you live with it every day. It affects the airways in lungs. With asthma, the airways are often swollen.

Then, if you breathe in a trigger (could be smoke, dust, pollution, pests, pets, mold, or cleaning products) the insides of the airways swell more. Sometimes, the muscles around the airways squeeze tight, making the airways even smaller.

These symptoms make it hard to breathe. There are medicines to make asthma easier to live with. Some medicines you take regularly, called controller medicines. Some medicines you take just when you need them, called rescue medicines. Follow your doctor's instructions for taking medicines.

There is no cure for asthma. To help with symptoms, taking medicines and avoiding triggers are important.



Which triggers do you or your child have?

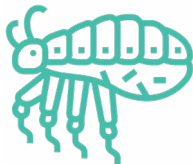
(circle/color the triggers or write your own below)



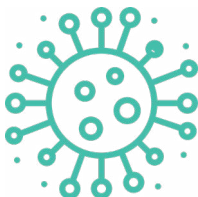
Cleaning Products



Pets



Dust Mites



Mold



Pests



Smoke



Trees

Breathe
Healthy Steps to
Living Tobacco Free



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