

Asthma

What is asthma?

Asthma is a long-term lung disease. Triggers - such as pets, dust, smoke, and cleaning products - irritate the airways in children with asthma, making it harder to breathe.

Secondhand smoke/vapor is the #1 cause of asthma attacks. If you smoke/vape, quitting is the most important step. Talk to your doctor to get help quitting. Having a smoke/vape free environment at home, in the car, and at daycare is very important to your child's health.

Being exposed to smoke/vapor may put children at risk of developing asthma, even if they've never had any breathing problems before.

Children who live with a smoker

- May have flare-ups more often
- Are more likely to have to go to the emergency room with severe asthma flare-ups
- Are more likely to miss school because of their asthma
- May have asthma that's harder to control, even with medicine

Asthma action plan

Asthma can be a challenge, but it can be controlled by having and following an asthma action plan each day. This should be shared by everyone who cares for your child including family, caregivers, and schools.

Talk to relatives who watch your child, your babysitter, and other adults in your child's life. **Help them to understand how secondhand smoke/vapor can cause your child to have a dangerous asthma attack and how important it is for your child to be smoke/vape free.**

