Asthma Activity Sheet

What is Asthma?
Asthma is when air cannot get into your lungs and it becomes difficult to breathe.

Talk To Your Doctor
if you think you may have asthma.

Your Doctor
can tell you if you have asthma and give you a plan to help you breathe better.

How to Know if Your Asthma is Getting Bad?

Common Symptoms of Asthma:
• Wheezing
• Cough
• Shortness of breath
• Chest tightness
• Feeling weak and tired

Unscramble the Asthma Symptoms

1. hguoc ________________________
2. rtohsessn of ahetrb ______________
3. eefgnli awke dan rdeit ______________
4. ehcts negtithss ___________________
5. zeeghinw _______________________

Talk to Your Doctor About Asthma Treatment For You
If you have questions about asthma or asthma resources call the Asthma Resource Line at 1 (833) 327-8462.
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Asthma Triggers are things that can set off asthma symptoms.
Each person with asthma may have different things that can trigger an asthma attack.

Find asthma triggers in the word search puzzle

- pets
- cold
- dust
- roaches
- dust mites
- pollen
- smoke
- rodents
- air pollution
- mold

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