



South Side
**PEDIATRIC
ASTHMA
CENTER**
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UChicago Medicine

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.



Asthma Activity Sheet

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

n	e	p	c	n	w	t	s	u	s	k	h
r	o	o	q	y	e	m	m	e	w	c	
d	l	i	r	l	h	h	o	t	t	s	k
d	l	l	t	c	l	h	k	h	i	k	o
s	b	o	a	u	m	e	e	p	m	d	g
k	m	o	m	x	l	y	n	q	t	a	r
x	r	k	a	b	z	l	t	q	s	o	o
z	d	n	k	o	s	o	o	n	u	t	s
r	o	d	e	n	t	s	n	p	d	a	t
q	e	h	x	n	y	u	z	w	r	q	e
v	x	g	a	g	c	l	k	n	i	i	p
w	a	f	x	l	t	t	s	u	d	z	a



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