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# 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



**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.



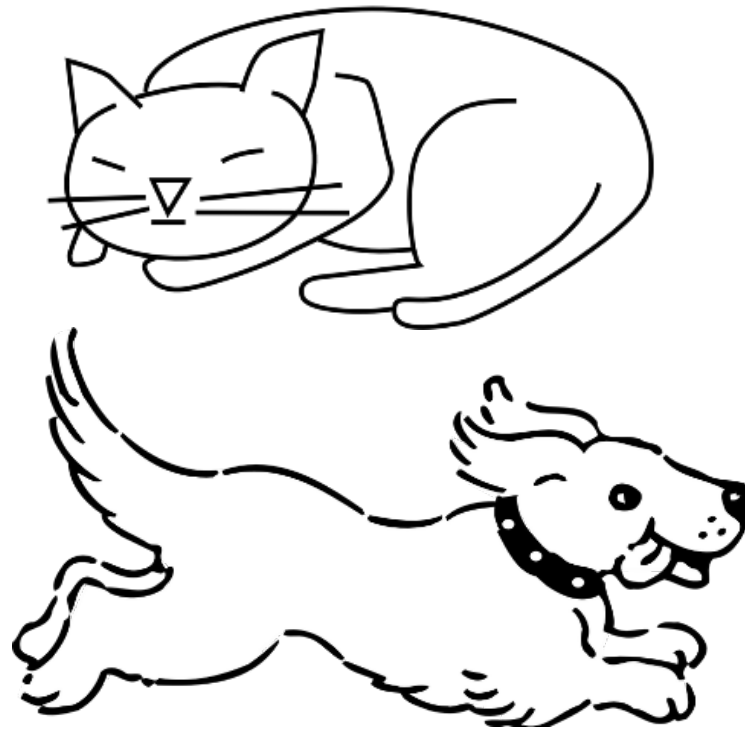
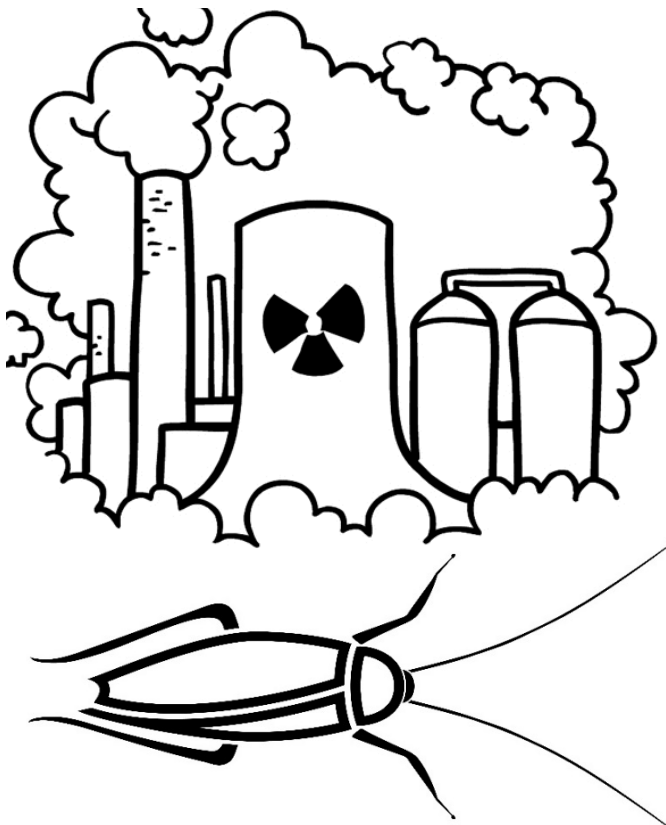
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**Asthma Triggers** are things that can set off asthma symptoms.  
Each person may have different things that can trigger an asthma attack.

## These are Some Common Asthma Triggers

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



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