### 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.
Asthma Activity Sheet

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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