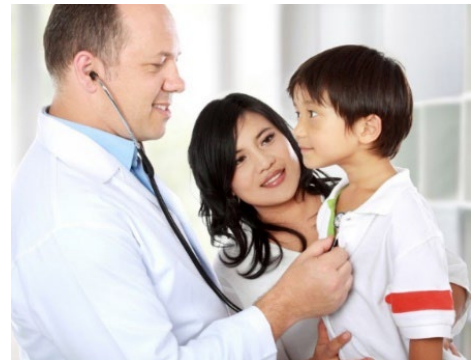
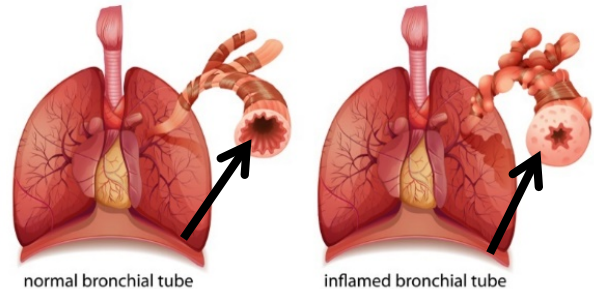




Asthma Tips and Facts

1. Asthma is a lung disease that makes your airway tubes get smaller. This makes it hard for air to get in and out.
2. There is no cure for asthma but it can be controlled so that it does not get in the way of your everyday life.
3. Common symptoms of asthma are coughing, wheezing, shortness of breath and a tight feeling in the chest.
4. Always have your asthma medicines, spacer and chamber with you.
5. Have follow up visits with your doctor as often as they recommend.
6. Get an Asthma Action Plan from your doctor.
7. Use your asthma medicines correctly.
8. Know what triggers can cause an asthma attack. Learn about what you can do and the things to stay away from to help prevent an asthma attack.
9. Do not smoke and stay away from smoke.
10. Do not go outside when the air is not good such as when there is high pollen.
11. Get a flu shot every year. Flu shots are often given between September 1 and October 31.

Asthma - Inflamed Bronchial Tube



For questions and resources, call 1 (833) 327-8462.

www.SouthSideKidsAsthma.org