



CONTROL ASTHMA

Asthma is a disease that causes the airways to narrow and swell and produce extra mucus, making it very difficult to breathe.



▶ **1 in 5**

Texas adults with asthma visits the ER each year due to asthma. (DSHS, 2012)

▶ CHALLENGES

- 1 in 14 Texas children has asthma*
- 1 in 14 Texas adults has asthma*
- 3rd leading cause of hospitalization for children, (CDC, 2010)

▶ COMPLICATIONS

- emergency room visits
- hospitalizations
- absence from school/work
- permanent lung/airway damage

▶ SOLUTIONS

- learn about asthma
- know what triggers asthma
- use asthma medication as prescribed

*DSHS, 2014





CONTROL ASTHMA: AVOID TRIGGERS

Know the symptoms:

- coughing
- wheezing
- chest tightness
- shortness of breath

Triggers:

- allergens:
animals, mold, pollen, foods
- irritants:
smoke, dust, strong odors, cold
- behaviors:
emotions, exercise, smoking

#1 TRIGGER = Respiratory Infections

Avoid triggers by keeping your home:

- dry
- clean
- ventilated
- pest-free
- safe
- contaminant-free
- maintained