Asthma
What is asthma?

Asthma affects how you breathe.
Our Lungs

Learning About Our Body

Asthma involves our lungs.

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Asthma is a disease that affects the airways that carry air to and from your lungs. It causes more mucus to form in your airways, which makes your chest feel tight and makes it harder to breathe.
I have asthma

My lungs function normally!

I have asthma!
Symptoms

Asthma can cause:

- Chest tightness
- Coughing
Symptoms

**Asthma can also cause:**

- Waking up at night
- Wheezing
Medications

Learning how to use your medicines

Not all asthma inhalers are the same.
Medications

Medicines help you manage and control your asthma.

- Control medicine is for *use every day*.
- Rescue medicine is used when you have *problems breathing*. 
Inhalers help you breathe in your asthma medicine so it can get to your lungs.
Asthma Medical Devices

Why do we use these devices?

A peak flow meter is used to monitor your breathing and helps control asthma.

A spacer is a tube that helps get medicine to your lungs so you can breathe better.
Asthma Triggers

Do I know my triggers?

*Dust mites* are tiny critters that cause asthma.

Using *allergen covers* on pillows and mattresses reduces your exposure to dust mites in bed.
Asthma Triggers

Mold likes to grow on damp surfaces.

The body parts and droppings of cockroaches make asthma worse.
Asthma Triggers

The dander and saliva of *furry pets* make asthma worse. *Cigarette smoke* is not good for asthma.
Asthma Triggers

*Trees and grass* can trigger asthma.

*Air pollution* in the environment can make asthma symptoms worse.
**Asthma Triggers**

*Strong smells* can make asthma worse.

*Emotions* (worry, excitement, anger, sadness, fright) can cause an asthma attack.
Asthma Triggers

**Pesticides** irritate your lungs and make asthma worse.

**Weather changes** affect asthma symptoms.
Asthma Triggers

**Colds** can trigger asthma attacks.

**Hard exercise** makes asthma symptoms worse.
Asthma Triggers

Cleaning supplies irritate your lungs and can trigger an asthma attack.

Dust can make asthma symptoms worse.
Asthma Action Plan

This plan helps you control and manage your asthma.
Everyone needs to have one at home and at school.

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I have my asthma under control!
I need my medicine. I am not feeling well.
RED ZONE Medical alert!

I can’t breathe!
Help!
Happy & Active Children

This is how we want to feel and be!

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