

# ASTHMA: TAKE ACTION. TAKE CONTROL.

## WHAT IS ASTHMA?

If you have asthma, the tubes that bring air into the tiny air passages in your lungs get too tight, which makes it **hard to breathe**. When you have trouble breathing, you could be having an asthma flare.



## TAKE CONTROL

- 1 Tell your doctor or caregiver** when it's hard to breathe.
- 2 Your doctor can help you make an Asthma Action Plan** so you won't have as many asthma flares.
- 3 Practice your action plan** with your caregivers.
- 4 Asthma shouldn't hold you back!** If you still have trouble breathing, talk to your doctor or caregivers.

## YOUR ASTHMA MIGHT BE DIFFICULT TO CONTROL IF:

- ▶ You feel symptoms of asthma **2+ times a week**
- ▶ Your asthma wakes you up **2+ times a month**
- ▶ You run out of quick-relief medicine **2+ times a year**

## DID YOU KNOW?

A good asthma action plan means you should be able to do everyday activities without any problems breathing



Walking



Sleeping



Playing Outside

## TAKE ACTION

Many different triggers can cause an asthma flare. You should learn about the things that make you sick so you can stop an asthma flare before it happens.

### YOU MIGHT...



Have trouble breathing



Have coughing or wheezing fits



Feel squeezing in your chest



Feel tired

### BECAUSE OF...



Smoke or dirty air



Allergens in the air



Hard exercise



Feeling very happy or very sad