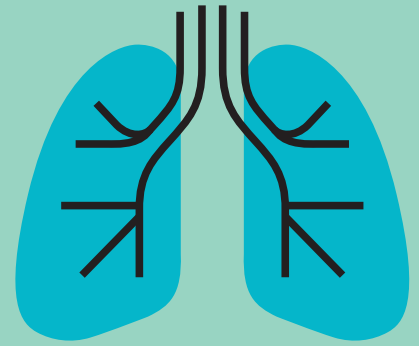


what do I need to know about asthma?



With the right care, most children with asthma live a normal, healthy life. This sheet will help you answer common questions.

WHAT IS ASTHMA?

Asthma is a health condition of the breathing tubes (airways) that makes it hard to breathe.

When this happens, it is usually called an asthma attack.

WHAT ARE THE SYMPTOMS OF ASTHMA?

- Coughing
- Wheezing
- Tight chest
- Shortness of breath

YOUR CHILD MAY HAVE ASTHMA EVEN THOUGH HE OR SHE DOES NOT HAVE ALL THESE SYMPTOMS.

- For some children, these symptoms are worse after they run or play.
- For some children, these symptoms get worse at night.
- Symptoms may change over time as your child grows.

WHAT HAPPENS DURING AN ASTHMA ATTACK?

- Muscles around the breathing tubes get tight.
- The inside of the breathing tubes gets swollen and sensitive (inflamed).
- Mucus blocks the breathing tubes and makes it hard to get air in and out.

HOW CAN YOU HELP PREVENT OR REDUCE ASTHMA SYMPTOMS?

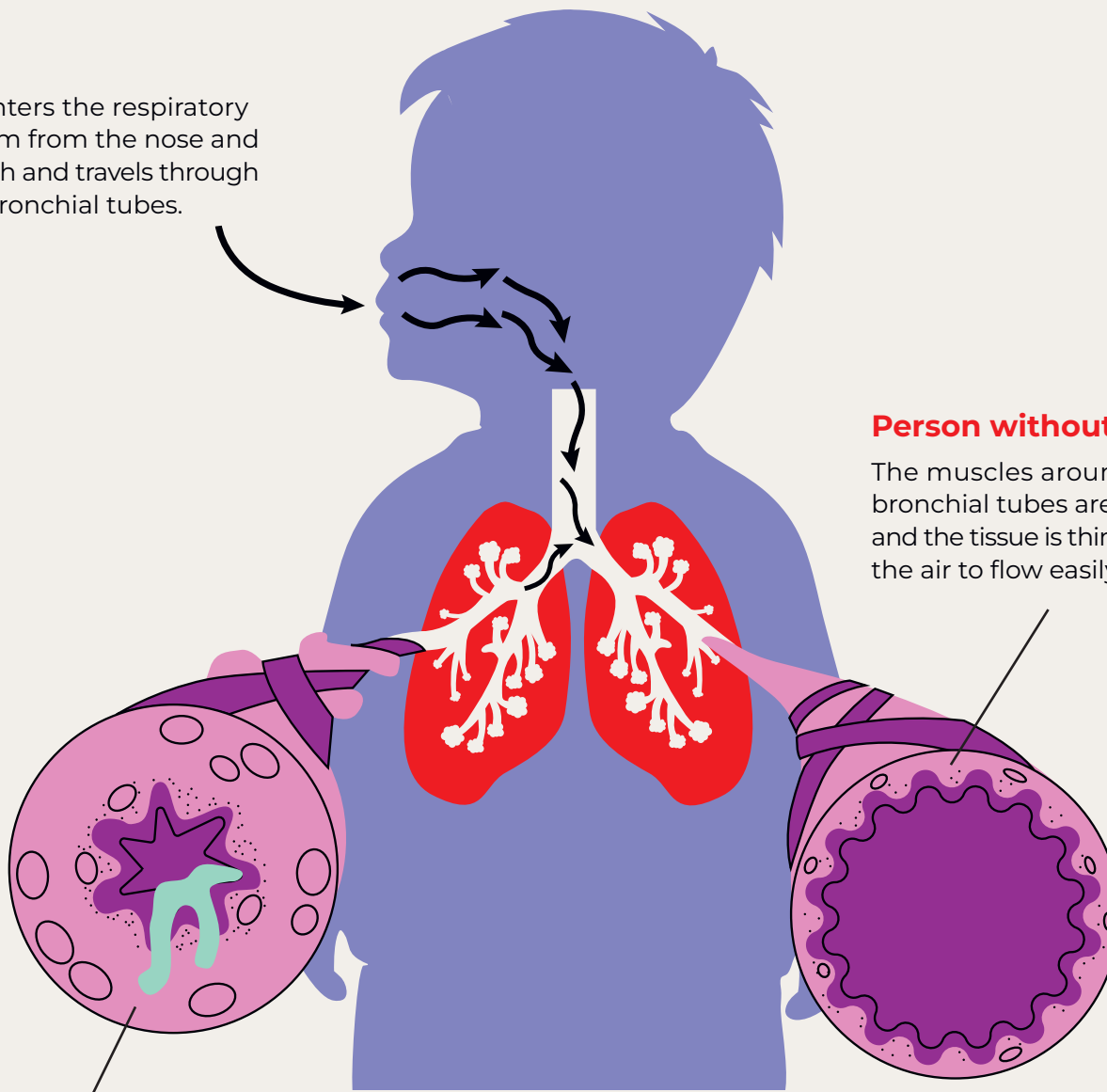
- Make sure your child takes their asthma medicine as prescribed.
- Know your child's triggers and avoid them as much as possible.
- Make sure your child washes their hands often to help prevent illnesses.
- Be sure your child gets a flu shot every year.
- Keep your child's asthma appointments, even when well.



Scan the **QR code** or visit [childrens.com/asthma](https://www.childrens.com/asthma) to learn more.

why asthma makes it **hard to breathe**

Air enters the respiratory system from the nose and mouth and travels through the bronchial tubes.



Person without asthma

The muscles around the bronchial tubes are relaxed, and the tissue is thin, allowing the air to flow easily.

Person with asthma

The muscles of the bronchial tubes tighten and thicken. The air passages become inflamed and mucus-filled, making it difficult for air to move.

