

Take Charge of **ASTHMA!**

What is Asthma?

Asthma is a lung disease that narrows your airways and makes breathing difficult. Asthma can't be cured. It can be controlled and you can live a full and active life.

What Causes Asthma Symptoms?

Asthma makes your airways very sensitive. When your airways come into contact with certain things, called **triggers**, the airways narrow because they swell and make mucus. The muscles around the airways also tighten and squeeze the airways together. This will cause asthma symptoms like:

- Shortness of Breath
- Wheezing
- Coughing
- Tightness in the Chest

These asthma symptoms come and go and can be mild or severe. When you have symptoms, you are having an asthma episode, or attack.

What Makes Asthma Worse?

These are some of the **triggers** that may cause you to have an asthma episode.

- Cigarette Smoke
- Pollen
- Cold Weather
- Colds, Flu
- Cats
- Diesel Exhaust
- Cockroaches
- Mold
- Dust Mites
- Strong smells/odors
- Exercise
- Laughing or Crying

Asthma Medicines

Your doctor may give you several different kinds of medicine. It's very important to know what each medicine does.


There are two main kinds of medicine:

long-term control, for long term use to avoid having symptoms, and **quick relief** for when you do have symptoms. Both types of medicine may come in an inhaler so it's easy to get confused.

A written Asthma Action Plan helps the family, doctor, and school know what medicines to give when symptoms begin.

Call 311 to get one to bring to your doctor.

Asthma Action Plan			Green means "Go Zone!"
			Yellow means "Caution Zone!"
			Red means "Danger Zone!"
GO	Use these daily medicines:		
	MEDICINE	HOW MUCH	HOW OFTEN
CAUTION	Continue with green zone and add:		
	MEDICINE	HOW MUCH	HOW OFTEN
DANGER	Take these medicines and call your doctor:		
	MEDICINE	HOW MUCH	HOW OFTEN

 The City of New York Department of Health

Take Charge of **ASTHMA!**

Get Asthma Under Control

- See a health care provider
- Get an Asthma Action Plan – a written asthma plan
- Learn how and when to use the right medicine
- Take medicine to prevent asthma symptoms
- Learn what sets off an asthma episode
- Use a peak flow meter to see if your asthma is getting worse
- Get a flu shot

Ask Your Health Care Provider

- What is asthma and how do I deal with it?
- Which are long-term control medicines and which are quick relief medicines?
- What is my Asthma Action plan?
- What might trigger my asthma?
- How do I use an inhaler and spacer?
- How do I use a peak flow meter?
- When is my next appointment?

When your asthma is under control, you can live an active, healthy life.

Children with asthma can do anything – go to school every day, take trips and play sports.

You can run, swim, ride a bike and HAVE FUN!



**FOR MORE
INFORMATION
ABOUT ASTHMA
CALL 311**