

Asthma doesn't have to take your breath away

What is asthma?

- **Asthma is a chronic** (long-term) **lung disease**
- **Episodes** (flare-ups) **may come and go**
- **Symptoms of asthma are:**
 - Coughing-especially at night
 - Wheezing
 - Shortness of breath
 - Chest tightness
- 3 things happen in the lungs during an episode
 1. Muscle tightening
 2. Swelling
 3. Mucus

Learn how to take your medicine

Metered dose inhaler

- Always use a spacer with a MDI to get medicine into the lungs
- Breathe in slow and deep
- Wait 1 minute and repeat

Dry powder inhaler

- Breathe in steadily and deeply
- Hold 10 seconds
- Rinse and spit after using

Nebulizer

- Use a mask for children under 5 years
- Make sure you have a working machine and cup

Medicine

If you have persistent asthma, you need a medicine

Controller

- Prevents asthma flare-ups
- Gets rid of swelling and mucus
- Must be taken every day, even when you are well

Reliever

- Relieves symptoms of asthma
- Relaxes airway muscles
- Take when asthma symptoms appear or when your doctor tells you

Follow-up

- See your doctor within 48 hours after emergency department visit
- Have an Asthma Action Plan to use at home and at school
- Learn what makes your asthma worse and how to **stay away** from those things

If asthma is under control, you can:

- Sleep all night
- Not cough or wheeze during the day or night
- Be active
- Not miss school or work