

## 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