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 split 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