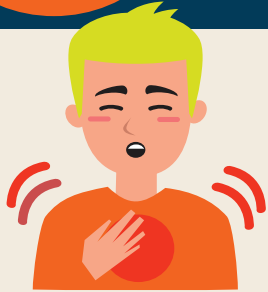


Do you know

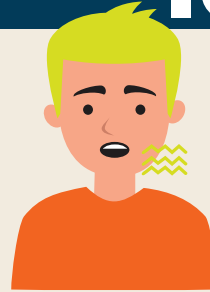
What an Asthma Attack looks like?



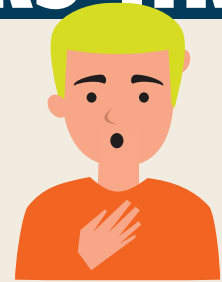
HEAVY CHEST



DRY COUGH



WHEEZING



SHORTNESS OF BREATH

What triggers an asthma attack?

 SMOKE POLLUTION CHEMICALS	No smoking, especially at home or in vehicles.	 EXERCISE	Pretreat before activity.
 POLLEN	Close doors and windows. Limit outside time. Wash off pollen.	 OBESITY	Maintain healthy weight.
 DUST MITES	Use dust-proof mattresses and pillow cases. Wash bedding weekly.	 INFECTIONS	Wash hands frequently. Get flu and COVID vaccines.
 MOLDS	Keep indoor humidity below 50%.	 EMOTIONS	Manage stress.
 PET DANDER	Don't let pets sleep in your bedroom. Vacuum weekly.	 REFLUX	Manage symptoms.

1. Know your asthma triggers.

2. Take rescue medication appropriately.

Stay on top of your asthma

3. Follow your doctor's Asthma Treatment Plan.

4. Call 911 for a severe attack.

What happens during an Asthma Attack?



During an asthma attack, the lung's airways become swollen, irritated, and filled with mucus, which makes it difficult to breathe.



NORMAL AIRWAY



ASTHMATIC AIRWAY

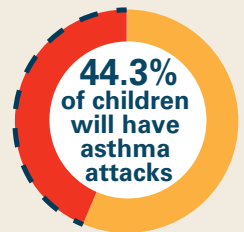


AIRWAY DURING AN ATTACK

Asthma by the numbers



One in 12 kids has asthma



44.3% of children will have asthma attacks

Asthma is the leading cause of missed work and school days



One in 11 adults has asthma

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