What an Asthma Attack looks like?

**HEAVY CHEST**

**DRY COUGH**

**WHEEZING**

**SHORTNESS OF BREATH**

What triggers an asthma attack?

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

1. **Know your asthma triggers.**
2. **Take rescue medication appropriately.**
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.

Asthma by the numbers

- One in 10 kids has asthma
- Asthma is the leading cause of missed work and school days
- 57% of children will have asthma attacks
- One in 12 adults has asthma

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