Asthma is a disease that affects how you breathe.

It causes extra mucus to form in the airways of your lungs, which makes it harder to breathe.

Asthma can cause:

- Chest tightness
- Coughing
- Waking up at night
- Wheezing
Asthma Medications

Your doctor can give you medicines to make you feel better.

- **RESCUE MEDICINE** gives quick relief.
- **CONTROL MEDICINE** should be used every day. It works slowly, but lasts longer.

**INHALERS AND SPACERS HELP YOU BREATHE ASTHMA MEDICINE INTO YOUR LUNGS.**

Some things in our environment can make asthma worse. These are called **TRIGGERS**.

- dust mites
- cigarette smoke
- strong smells
- air pollution
- cleaning supplies
- furry pets
- trees and grass
- pesticides
- hard exercise

Additional triggers: mold, air pollution, emotions, weather changes, colds, dust

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