

ASTHMA

SYMPTOMS

Shortness of breath

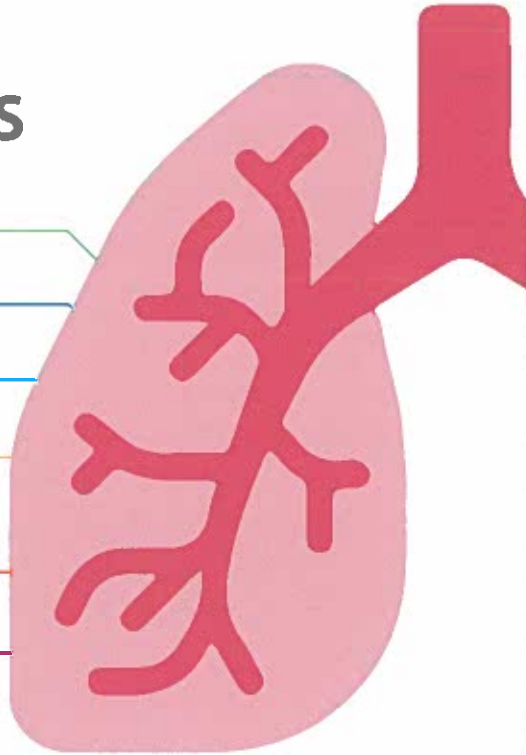
Gasping for air

Periods of wheezing

Chest tightness

A whistling sound
when you breathe

Coughing (dry cough)



TRIGGERS



Smoke from tobacco products,
charcoal grills, fireplaces, etc.



Pollen, dust
and mold



Animal
dander



Being sick with a
cold or flu



Stress



Droppings from household
pests (i.e., mice, cockroaches)



Vigorous
exercise

MANAGING TRIGGERS

- **Avoid smoke** from cigarettes, pipes, cigars, candles, fireplaces, and other sources
- **Keep away** from people with cold and flu symptoms
- **Wash your hands** frequently to avoid the spread of germs that can make you sick
- **Regularly wash** bedding and dust/vacuum your home
- **Prevent the buildup of mold** or mildew in bathrooms, basements, and other areas of the home
- **Keep windows closed** when pollen counts are high



PREVENTION

- ☒ Learn what triggers your asthma and how to control symptoms
- ☒ Use inhalers and asthma medicines as prescribed
- ☒ Develop an asthma action plan and follow your doctor's recommendations

Living Well With Asthma

Asthma is a chronic lung disease that inflames and narrows the airways, making it hard to breathe.

AtlantiCare

www.atlanticare.org
1-888-569-1000

ASTHMA



First Aid Tips for ASTHMA

If you, or someone you know, is having an asthma attack, keep in mind the acronym ASTHMA so you can remember what to do when symptoms strike.

CALL 9-1-1 for an asthma emergency.

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