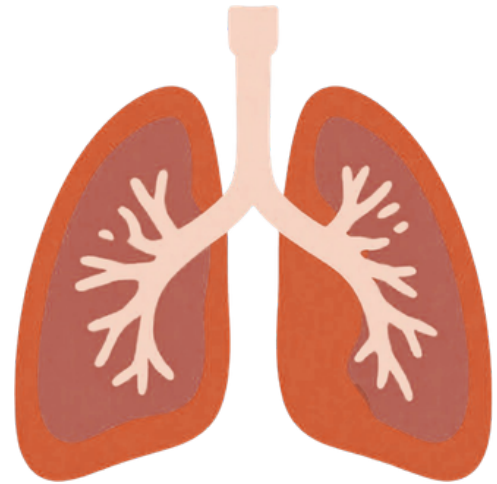


What is asthma?

How do I know if I have asthma?

Asthma makes it hard to breathe. Your airways get puffy and tight when you are around things like colds, smoke, or pet fur. These things are called triggers.



Signs of asthma:

- Colds that always go to your chest
- Noisy breathing when you breathe out
- A cough that only happens at night or won't stop
- Feeling tight in your chest or short of breath while resting

What can I do?

- Talk to your doctor if you think you have asthma
- Take your medicines the way your doctor says – even when you feel fine
- Have an asthma action plan

With the right plan you should be able to:

- Live your life and be active as you want to be
- Have few or no symptoms
- Stay out of urgent care and ER for breathing problems
- Sleep through the night

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