

# Asthma

## Learn what hurts

**If you have a cough or have trouble breathing , you could have a...**

Chronic Respiratory Disease : Asthma and respiratory allergies, chronic obstructive pulmonary disease (COPD), and occupational lung diseases

Symptoms: cough, difficulty breathing, tight chest and/or wheezing

## Understand your environment

**You can acquire asthma from your environment or inherit it from your family.**

Diagnosis: respiratory problems since childhood or early adulthood; symptoms are worse at night or early in the mornings; symptoms caused by respiratory infection, exercise, weather changes or stress.

## No Tobacco

**Avoid your triggers! These are the things that make your asthma worse.**

Cigarette smoke or smoking can cause allergic reactions and asthma attacks.

Reduce dust : use damp cloths to clean furniture, minimizing soft toys in the sleeping area, shake and expose mattresses, pillows, blankets, etc. to sunlight

## Get help

**Talk to a doctor about the different kinds of medication such as inhalers, tablets, and steroids.**

Keep enough medication at home and take the medicine regularly as advised by the doctors even if there are no symptoms.

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