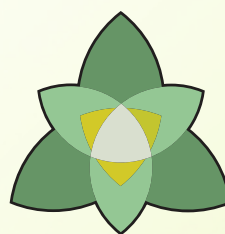


What is Asthma?

Asthma is a condition that causes airways in the lungs to swell and narrow, making breathing more difficult. There is no cure for asthma, but you can control the symptoms of asthma and prevent attacks.

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Symptoms:

- Wheezing
- Shortness of breath
- Chest tightness
- Nighttime/early morning coughing

Triggers for Asthma:

- Tobacco smoke
- Dust mites
- Outdoor air pollution
- Pets and pests (mice, cockroaches)
- Mold
- Cleaners or disinfectants
- Infections such as a common cold or the flu
- Physical exercise
- Change in weather conditions

What are the steps to managing your Asthma?

- Ask your provider/care team to help you develop an **Asthma Action Plan** (scan QR code to the right with cell phone to see an example)
- Monitor your symptoms and keep track of when you experience them
- Understand the different kinds of asthma medications and what they do
- Know what triggers your asthma and try to avoid them

Sources:

[CDC.gov](https://www.cdc.gov)

Centers for Disease Control and Prevention. (2021, July 1). Learn how to control asthma. Retrieved March 17, 2022, from QR



[nhlbi.nih.gov](https://www.nhlbi.nih.gov)

U.S. Department of Health and Human Services. (n.d.). Asthma action plan. Retrieved March 17, 2022, from QR

