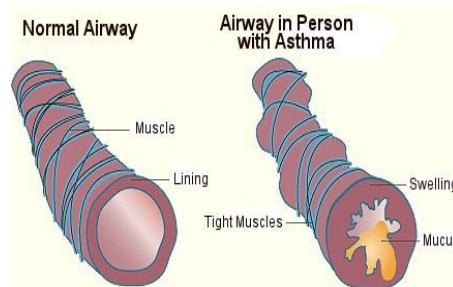


## What is asthma?

Asthma is a condition that is:

- Chronic
- Produces recurring episodes of breathing problems
- Can occur at any age
- It is not contagious
- Can be controlled, but not cured



What happens during an episode of asthma?

There are 3 changes that occur in the lungs:

- The tubes that carry air into the lungs become swollen. This makes it difficult for the air to flow through.
- The muscles around the airways tighten.
- More mucus is made, trapping some of the air.



## Asthma Medications

### Quick-Relief (bronchodilators)

These medicines work quickly to relax the tight muscles around your airways. These are the medicines you use when you have asthma symptoms. Sometimes you may be instructed to use these before exercise. They work QUICKLY and for only a SHORT period of time. They are also called RESCUE MEDICATIONS. Some names of these medicines are: Ventolin, Proventil, Proair, Xopenex, and Albuterol

If you are using your rescue inhaler more than 2 times a week during the day or more than 2 times a month at night, let your doctor know right away!

Signs that an asthma attack is beginning or getting worse:

- Wheezing
- Difficulty breathing
- Tightness in the chest
- Coughing during the day, night or with exercise
- Trouble sleeping or irritability
- Drop in peak flow meter

Ask your doctor for an  
Asthma Action Plan  
if you do not have one!

\*Remember: symptoms are different for every child

### What to do during an asthma attack:

- Stay Calm
- Call 911 immediately if: Lips or nails turn blue, skin pulled tightly around the chest or neck, child cannot walk or talk
- Do not leave the child alone
- Seat the child upright. Do NOT lie the child down.
- Use a quick-relief medicine as indicated in the asthma action plan
- If no improvement, seek immediate attention

### Long Term Medications

These medicines work to decrease the swelling and mucus in your airways. These medicines take longer to work, sometimes up to 2 weeks! They must be taken every day as your doctor has prescribed, even if you have no asthma symptoms. They are also called CONTROLLER MEDICATIONS. Some names of these medicines are: Flovent, Advair, Symbicort, Asmanex, Singulair, and Pulmicort