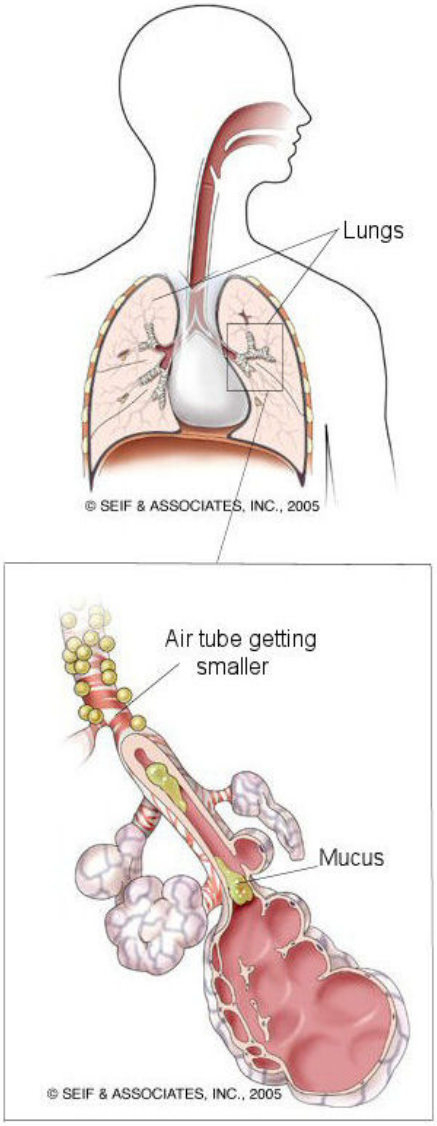
Asthma FAQ

Asthma is a serious condition that causes breathing problems. Some severe attacks can cause death. Wear a bracelet or chain that lets others know you have asthma.

HOW DID I GET ASTHMA?

You might have been born with asthma, or you might be allergic to something that causes an asthma attack.

WHAT CAUSES AN ASTHMA ATTACK?



There are many things that can cause an asthma attack. Some of the most common causes are:

- Grass, weed or tree pollen in the air.
- Air pollution.
- Dust.
- Heavy or hard exercise.
- Emotional upset.
- Infections.
- Smoking and second-hand smoke.
- Some medicines like aspirin.
- Allergies to:
  - Animals such as cats, dogs and rabbits.
  - Certain foods like wheat, rye, nuts and shellfish.

HOW DO I KEEP FROM HAVING AN ATTACK?

- Refill your medicines before they run out.
- Always take your medicine like the doctor tells you. This will help prevent an asthma attack.
- If you use an inhaler or diskus, carry it with you at all times.
- Stay indoors as much as possible on Ozone Alert days. This is when the weather is very cold and when the pollen count is high.
- Talk to your nurse or doctor about relaxation techniques that might help.
- Stop smoking and stay away from smoke.

WHAT HAPPENS DURING AN ASTHMA ATTACK?

The airways in your lungs get smaller and swell. You:

- Have a hard time breathing.
- Wheeze.
- Cough and produce a lot of mucus.

HOW DO I STOP AN ATTACK?

- Take medication as directed by your doctor.
- If your medicine is not helping, call your local emergency medical services and go to the emergency room.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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