



Don't Hold Your Breath: Learn About Asthma

Common Asthma Triggers:

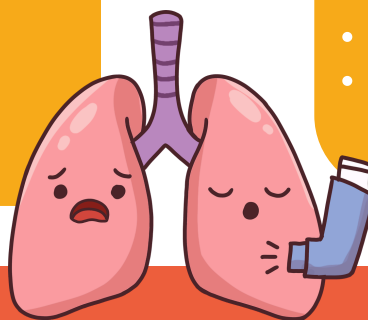
- Smoke
- Dust
- Pollen
- Pets
- Cold Weather
- Mold
- Colds and Flu
- Intensive Exercise



911

Call 911 or Seek Emergency if Your Child:

- Has severe trouble breathing
- Cannot speak in full sentences
- Has blue lips or face
- Does not improve after using medicine



Tips for Managing Asthma at Home:

- Create and follow the asthma action plan with your doctor
- Give medicines exactly as directed
- Keep the rescue inhaler nearby
- Reduce dust and smoke at home
- Wash bedding often
- Keep up with regular check-ups
- Encourage hand washing to prevent illness

Help Your Child at School:

Make sure the school has:

- Your child's asthma action plan
- Emergency contact information
- Asthma medicine if needed
- Information about your child's triggers
- Talk with the school nurse, teacher, or health staff if you have concerns

Download the CHF Family
Asthma App



CLICK
TO
LEARN

- Asthma Fact Sheet
- [findtreatment.gov/locator](https://www.findtreatment.gov/locator)
- www.hrl.nyc