

Asthma Fact Sheet

Michigan Department of Health and Human Services

What is Asthma?

Asthma is a lung disease where swelling and mucus make the airways get narrow, making it hard to breathe. Many things, called triggers, can start symptoms. Asthma symptoms can make it hard for some people with asthma to do everyday things like going to work or school. But staying away from triggers and working with your doctor to take the right medications at the right times can help you keep your asthma under control.

Signs & Symptoms of Asthma

Symptoms of Asthma

- ◇ Can't catch your breath
- ◇ Chest tightness or pain
- ◇ Coughing and/or wheezing
- ◇ Trouble sleeping from coughing or wheezing



Warning Signs of an Asthma Attack

- ! Fast heartbeat
- ! Fast breathing
- ! Chest pain or pressure
- ! Trouble talking or walking
- ! Feeling anxious or panicky
- ! Blue lips or fingernails
- ! Pale, sweaty face
- ! Quick-relief medications do not work

If you are having any of these warning signs, get help or call 911 right away!

Controlling Asthma

- ◇ Stay away from the things that trigger your asthma, like pollen, dust, animals, mold, tobacco smoke, strong odors and sprays, strong emotions, weather, colds, and infections. If hard play or exercise triggers your asthma, talk to your doctor about taking medicine before you are active.
- ◇ Make an Asthma Action Plan with your doctor so that you know what to do when you are feeling good so you can stay that way, and what to do when asthma gets worse.
- ◇ Always take your asthma medications as your doctor tells you to do, even when you are breathing well.

To learn more about asthma visit www.michigan.gov/asthma