

ASTHMA



Chronic lung disease that can cause inflammation and narrowing of the airways

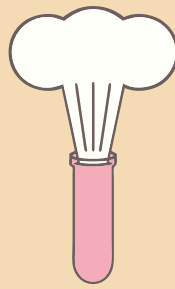
WHAT ARE SOME COMMON CAUSES AND RISK FACTORS?



Exposure to cigarette smoke in the womb or in first few years of life



Air pollutants and allergens



Chemical irritants and industrial dusts



Family history and genes

SIGNS AND SYMPTOMS



SHORTNESS OF BREATH



DIFFICULTY BREATHING



DRY COUGH



NIGHT COUGH



WHEEZING



CHEST PAIN

- Asthma patients may notice that these symptoms:
- Come and go over time, or within the same day
 - Can be aggravated by viral infections, such as the cold
 - Can be triggered by exercise, allergies, cold air, or hyperventilation
 - Become worse at night or in the morning

HOW DO I LIVE WITH ASTHMA?



Take medications as prescribed



Stay up-to-date on vaccinations

- Tdap
- Pneumococcal
- Influenza
- Shingles



Keep a quick-relief inhaler on hand



Identify aggravating factors and avoid exposure

ASTHMA MIGHT INCREASE RISK FOR SEVERE ILLNESSES FROM COVID-19.



Tips to protect myself from COVID-19:

- Ask a family member to disinfect the house regularly & practice proper hand hygiene.
- Avoid handling disinfectant that may trigger asthmatic episode.
- Get the COVID-19 vaccine where available in your county.



COVID-19 VACCINE & DISEASE STATE INFOGRAPHICS:

[HTTPS://TINYURL.COM/MEDICATION-ADHERENCE](https://tinyurl.com/medication-adherence)

TEXT (402) 732-2627 TO LEARN MORE ABOUT THE COVID-19 VACCINE

SCAN ME