



Asthma Basics

Can asthma be cured?

Asthma cannot be cured. Children may have fewer symptoms as they get older, but they never outgrow asthma.

Can children with asthma be as active as other children?

Yes. With the right medicine plan, people with asthma can do any physical activity, including running. Talk to your pediatrician about what your child needs to stay healthy and avoid asthma symptoms.

What is an asthma action plan?

An asthma action plan is a form developed by you and your doctor to help keep your child healthy.

How often should my child see the doctor?

Your child should see his or her doctor every six months, even if their asthma is under control, so that the doctor can review their asthma action plan and make any necessary changes.

What can I do as a parent to prevent asthma attacks?

- Talk to your child's doctor to make sure you understand what medicines your child needs and how and when to give them.
- Giving your child their asthma medicines as prescribed will help prevent asthma attacks and visits to the emergency room.
- Avoid the triggers that make your child's asthma worse.
- Treat symptoms right away and call your child's doctor if they are having symptoms more often.

What is asthma?

Asthma is a **chronic lung condition**. Different things called triggers irritate the airways in children with asthma, making it harder to breathe.

Common Asthma Symptoms

- Coughing
- Trouble breathing
- Shortness of breath
- Chest retractions
- Wheezing
- Chest tightness

