

Asthma

Asthma makes the airways in your lungs swell and tighten, causing wheezing, coughing, and shortness of breath. With the right plan, most people control it well.

Everyday basics

- Use your controller inhaler every day, even when you feel fine.
- Keep your quick-relief (rescue) inhaler with you at all times.
- Learn and avoid your triggers (smoke, dust, pets, cold air, illness).
- Ask your team for a written Asthma Action Plan and follow it.

Good questions to ask your care team

- Which inhaler is my daily one and which is my rescue?
- Am I using my inhaler the right way — can you watch me?
- What are my personal triggers?
- When should I use my rescue inhaler versus call for help?

When to get help right away

Get emergency help if your rescue inhaler isn't working, you can't speak in full sentences, or your lips/fingernails turn blue.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/asthma.html>

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