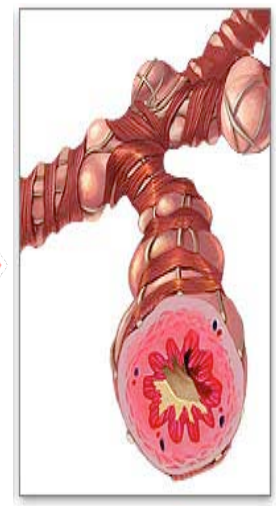
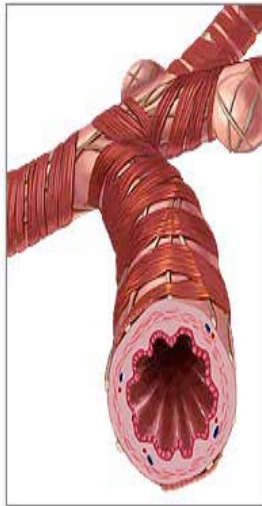


### What is asthma?

Asthma is a disease of the airways. Air enters and exits the lungs through airways. Swelling and mucus narrow the airways. Muscles around the airways also tighten. This makes it more difficult to breathe.



### What are the signs of my child's asthma is getting worse?

#### Moderate Signs

- Coughing, at night
- Out of breath
- Wheezing
- Chest tightness

#### Severe Signs

- Very fast or hard breathing
- Sucking in between ribs
- Difficulty walking or talking
- Lips or fingers turn blue

### How do I know when to use my child's medications?

#### Green Zone

This is when your child has no asthma symptoms. Continue green zone medicines and do not stop them unless you talk to your medical provider. These are the medicines that stop asthma from getting worse.

#### Yellow Zone

This means an asthma flare up is starting. Start yellow zone medicines quickly. If you have been using yellow zone medicines and your child is not improving you should be seen in the office.

#### Red Zone

This means your child needs medical attention immediately. Continue red zone medicines while transporting your child to a medical provider or while awaiting an ambulance.

## With your provider, circle the medicines your child is on.



Flovent



Pulmicort



Symbicort



Advair



Singularir/  
Montelukast



Albuterol

## What are some of your child's asthma triggers?



Dust mites

- Use bed casing
- Wash linens in hot water
- Remove stuffed toys



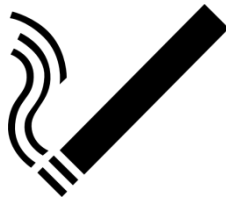
Mice/Roaches

- No food in bedroom
- Food and water in closed containers
- Plug holes in walls and doors



Pets

- Limit exposure to pets if allergic
- No pets in bedroom



Secondhand Smoke

- Limit exposure
- No smoking in home or car
- Quit smoking



Cleaning Products

- Water and vinegar
- Avoid air fresheners and scented cleaners
- Vacuum 1-2x/week with HEPA filter



Mold

- Fix leaky faucets
- Clean mold areas with vinegar

This Family Education Sheet is available in [Arabic](#), [Cape Verdean](#), [Haitian Creole](#), [Portuguese](#), [Simplified Chinese \(China PRC, Singapore, Malaysia\)](#), [Spanish](#), and [Vietnamese](#).