

Asthma



is a serious lung disease



causes chest tightness, wheezing, and coughing



can be controlled with proper treatment

How many people in the U.S. have asthma?

About **1 in 13** people



Data Source: 2017 National Health Interview Survey

Because of poorly controlled asthma, each year about

4 in 9 children miss school



1 in 3 adults miss work



7 in 13 adults limit their activities



Data Source: BRFSS Asthma Call-back Survey, United States, 2012-2014

When you control your asthma, you can lead a full and active life. **You deserve nothing less!**

Work with your health care provider to develop an asthma action plan that includes



How to take your medications



How to track symptoms and triggers



When to see your provider



What to do when you have an attack