

Don't Let Asthma Keep You Out of the Game

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Karmen] Hi kids! Welcome to CDC Kidtastics Radio! I'm Karmen Kidtastic. Today, we're talking about how you can stay active, even if you have asthma.

[Chris] If you keep your asthma under control, you can do it all!

[Kaya] Did you know asthma affects more than *seven million* American kids and teens? That's almost 1 in 10!

[Caydan] During an asthma attack, your airways get narrow, making it hard for air to get into your lungs. There are certain things that can trigger an asthma attack, like cold or dry air, dust, pollen, air pollution, cigarette smoke, or stress.

[Karmen] Experts don't know for sure why physical activity sometimes brings on an asthma attack, but they suspect that fast breathing through the mouth can irritate the airways. Also, when air pollution levels are high, physical activity in the afternoon is harder on the lungs because pollution levels are higher later in the day.

[Chris] So should I get a doctor's note and skip gym class if I have asthma?

[Kaya] If you have asthma, it's good to be active, but you may need to take it easy with outdoor activities when the air quality is bad. Pay attention to the TV or radio to find out if we're expecting an unhealthy day and tell your teacher you need to take your gym class indoors.

[Caydan] What kinds of activities *can* I do?

[Karmen] The important thing is to keep your asthma under control. Follow your Asthma Action Plan - know and avoid your asthma triggers and take your medicine the way your doctor told you to take it. If you do that, you should be able to do most of the same activities as any other kid.

[Chris] Just follow these tips...

[Kaya] Ease into it. Start your workout with a warm-up. Don't overdo it. Build up your endurance gradually. Finish up with a cool-down.

[Caydan] Take a buddy. It's more fun and a friend can help you if you get into trouble. If you do have an asthma attack, or even if you were able to avoid one by using your medicine, be sure to let your parent or teacher know.

[Karmen] Respect your body. Follow the Asthma Action Plan you made with your doctor. Know and stay away from the things that trigger your asthma. Help your airways by breathing through your nose instead of your mouth. Take it easy on days when your asthma symptoms are really bugging you. And stick to the medicine routine that your doctor gave you.

[Chris] Take breaks. Rest and drink plenty of water.

[Kaya] Mix it up. For example, try going inline skating one day and taking a long walk the next.

[Caydan] To feel your best, follow your plan to control your asthma - take your medicine the way your doctor told you to and avoid your triggers.

[Karmen] Speak up if you're having symptoms and have a good attitude. Keep working to control your asthma. With good habits and today's medicines, you can do just about anything!

Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon.

Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.