

Asthma – Get the Facts!

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Karmen] Hi kids! Welcome to CDC Kidtastics Radio! I'm Karmen Kidtastic. Today, we're talking about asthma.

[Chris] Asthma is when air can't get into your lungs and you have trouble breathing.

[Caydan] When you have an asthma attack, you have trouble catching your breath.

[Kaya] There are a lot of asthma "triggers" that can cause an asthma attack. People may not have the same triggers.

[Karmen] Some common asthma triggers include tobacco smoke, dirty air outside, cockroach droppings, pets, mold, and hard exercise that makes you breathe really fast.

[Kaya] If *you* have asthma, it's really important to know what your triggers are. Your parents and doctor can help you figure them out.

[Karmen] Not everyone who has asthma takes the same medicine. Some people use inhalers to breathe in the asthma medicine and some take pills. Some have to use both.

[Chris] A lot of people have to use an inhaler right away when they have an asthma attack to help them breathe.

[Caydan] If you have asthma, always remember to follow your doctor's orders.

[Karmen] If you've been running or playing hard and feel out of breath, stop and take a break.

[Chris] Know the warning signs of an asthma attack – wheezing and coughing, breathing too hard and too fast, or feeling tightness in your chest.

[Caydan] And when you leave the house, always take your inhaler with you, if you use one for asthma attacks.

[Karmen] 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.