

**ni hao,  
kai-lan™**



**A-OOK**

**Asthma  
Activity Pack**

# What is asthma?



## What is asthma?

Asthma is a condition that can cause your airways to swell up, making it hard to breathe.

## Can I catch asthma from my friends?

Nope! You can't catch asthma from anyone.

## What causes asthma to act up?

If you have asthma, there are some things that can cause trouble, like perfumes, pollen dust, and furry pets. They're called "asthma triggers."

## How do you get rid of asthma?

You can't get rid of it but there are lots of ways to stay A-OK with asthma. A doctor can give you medicine, a quick-relief inhaler, and make an asthma action plan. Be sure to tell an adult if someone is having trouble breathing.



**Rintoo is headed to the playground!  
Help him find his way  
while avoiding asthma triggers.**



LADYBUG



BALLOON



POLLEN



DOG



DUST



FROG



**If you're having trouble breathing,  
this will help you right away.  
Connect the dots for quick relief  
to keep you A-OK!**





**Keep asthma in control  
and stay A-OK!**