

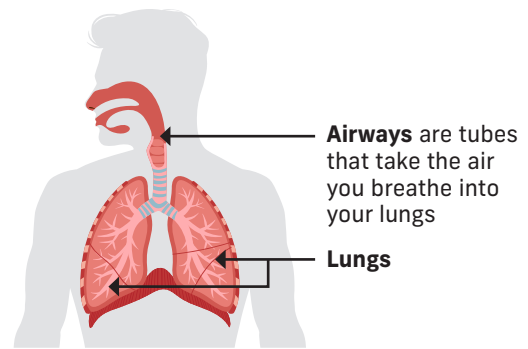
What is asthma?

In your body you have **lungs** that help you breathe.

When you have asthma, they do not work as well.

Asthma means your **lungs** are extra sensitive.

Lots of people in Australia have asthma.



What does asthma feel like?

Triggers are things that your lungs don't like.

Things like smoke, pollen, dust and cold air.

Breathing in triggers makes it **hard to breathe**.



Chest tightness



Shortness of breath



Cough




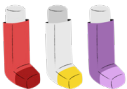
Wheeze

What medicine do you need?

There are two main types of asthma medicine.

Relievers and Preventers.

 **Relievers** are usually **blue**.
They help when you can not breathe.

 **Preventers** come in **lots of colours**.
They help keep your lungs calm.



What else do you need?

The best way to use a **puffer** is with a **spacer**.

A **spacer** is a big plastic tube.

It helps all the medicine get to your lungs.

