

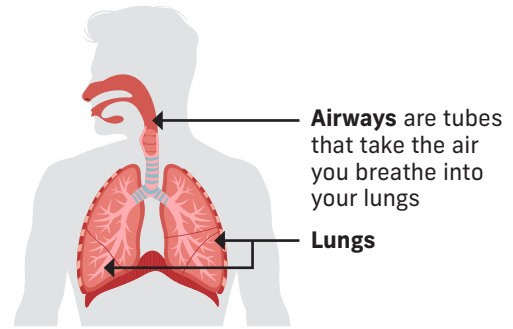
What is asthma?

When you breathe, the air travels in and out of your **lungs** through tubes called **airways**.

Having asthma means your **airways** are extra sensitive.

Lots of people in Australia have asthma, **1 in every 9 people**. 

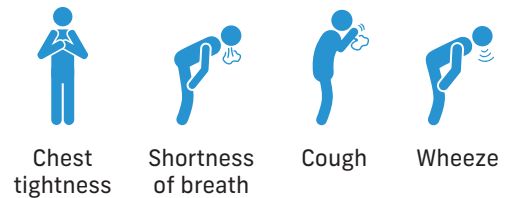
How many people in your class have asthma?



What does asthma feel like?

Things your lungs don't like are called **triggers**. These are things like smoke, pollen, dust or cold air.

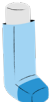
When you breathe something in that your airways don't like, they start to **squeeze tight**. This makes it **hard to breathe!** You might cough, wheeze or feel very puffed out.




What medicine do you need?

There are two main types of asthma medicine.

Relievers and Preventers.

 **Relievers** relax the muscles in your airways to make it easier to breathe. Most kids with asthma have a **blue** puffer called Asmol, Ventolin or Zempreon.

 **Preventers** calm down the airways to make them less sensitive. Preventers come in all sorts of different **colours**.



What else do you need?

The best way to use a **puffer**, is by connecting it to a **spacer**.

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

It stops the medicine ending up all in the mouth instead of in the lungs.

