

**What you should
know about
Asthma:**

Asthma can kill you.

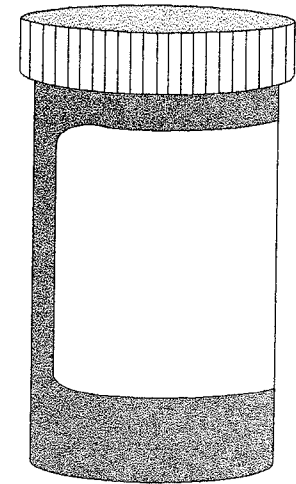
**Medication can keep
You alive.**

**Asthma affects
your lungs.**

**Lung Disease
Hotline**

1-800-222-5864

**ASTHMA
Don't Let It
Get You
Down!**



By Nigel Thomas
Read/Write/Now
Springfield, MA
(413) 263-6839

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Asthma makes
breathing
very hard.

You can't catch
your breath.

Medication
can control
your asthma,

IF

you take it
properly.

If you have
asthma
you should:

- *Take care of yourself.
- *Make sure you take
your medication.
- *Not smoke at all.
- *Visit your doctor on a
regular basis.

People with asthma
CAN...

- *Take part in sports.
- *Have an active life.
- *Exercise regularly.
- *Work.
- *Enjoy life.