

Asthma

What is asthma?

Asthma is a lung disease that makes it hard to breathe.

How can a disaster affect my health if I have asthma?

A disaster or emergency can stir up irritants (asthma triggers) into the air that can make it hard for you to breathe.

What can I do during a disaster to protect my health?

These tips can help prevent some asthma symptoms during an emergency:

- Avoid areas, outdoors or indoors, where there are a lot of irritants (asthma triggers)
- Wear a dust mask, or use a t-shirt or handkerchief to cover your mouth and nose
- Keep taking your medications
 - If you stop taking your medications, it can cause inflammation (swelling) in your airway, leading to coughing, wheezing, shortness of breath, chest tightness and asthma attacks
- Do not use your rescue inhaler too often because it can lose its strength

Are there tips I should remember if I have asthma?

Along with the [emergency kit](#) and [emergency plan](#) remember the following important tip:

- In your emergency kit, include all medications that help treat your asthma
 - Nebulizer
 - Cough drops
 - Rescue medications
 - Controller medications