

Asthma



Did you know...?



Myth

Fact

Allergies are not related to asthma.



Many people with asthma also have allergies. Allergies can trigger coughing, wheezing and shortness of breath. When allergies are treated, asthma symptoms often improve.

Children cannot participate in sports if they have asthma.



Children with asthma can play sports as long as their asthma is under control. Regular exercise helps kids stay fit and improves lung function.

If you are not wheezing, then you do not have asthma.



Asthma symptoms differ for everyone. Common symptoms include coughing, wheezing, shortness of breath, fatigue and chest tightness.

Poor outdoor air quality is the most important factor for developing asthma.



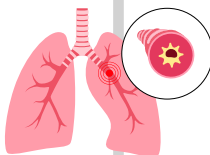
Outdoor air quality is one of many possible factors for developing asthma. Indoor air quality is also important, so keep your home free of pests, mold and tobacco smoke.

Immunizations (such as the flu or COVID-19 vaccine) will trigger an asthma attack.



Immunizations can help everyone stay healthy. Vaccines are recommended for most people with asthma. Talk to a health care provider if you have questions.

Asthma can be cured, or you can outgrow asthma.



There is no cure for asthma, but it can be controlled by avoiding triggers and taking medicines.

Asthma medicine is only used when a person is having an asthma attack.



Medicines are one of the most important tools for managing asthma symptoms and preventing them from getting worse. Take asthma medicines as prescribed, even if you do not have symptoms.

Spacers are only for children.



Spacers are important for all ages because they help make sure the medicine gets into your lungs where it is needed, rather than your mouth or throat.

To learn more or find asthma services, visit nyc.gov/health/asthma or call **311**.