



PRESCRIPTION FOR PREVENTION

ASTHMA IN CHILDREN



Asthma is a disease that affects the paths that carry air to the lungs, causing the inside walls of the airways to become swollen. Asthma is common among children and teenagers, but anyone can have asthma. It can be controlled when patients and doctors work together by using medicines and making some changes at home.

Action Plan: Here's what you can do to help your child

- Do not allow anyone to smoke in your home, car or work area and avoid the homes and cars of people who do allow smoking.
- If you are a smoker and need help quitting, call 1-800-QUIT-NOW.
- Change filters in your central heating and air conditioning system (HVAC).
- Remove mold and dust around your home.
- Control roaches and other pests that leave droppings.
- Ask your doctor to help you create an asthma action plan for your child to prevent and respond to asthma attacks.



Sources: Centers for Disease Control and Prevention, American Lung Association, Jessy Deshane, Ph.D., Associate Professor, University of Alabama at Birmingham Department of Medicine



**ALABAMA REGIONAL
MEDICAL SERVICES**

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Learn more about asthma prevention.

Contact: Alabama Regional Medical Services (ARMS)

205-407-5600

<https://alabamaarms.org/pediatric>