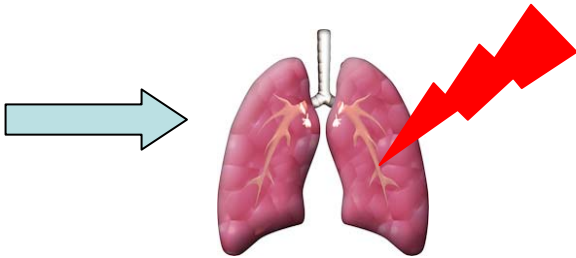


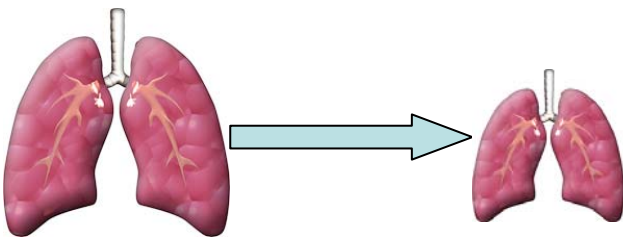
# What is Asthma?



Asthma affects your lungs.



If something annoys your tubes to your lungs,



Your lungs will become smaller.



This will make it harder to breathe.

These are some of the things that could happen when you have Asthma:



Coughing.



Shortness of breath.



Noisy chest.



Tight in chest.

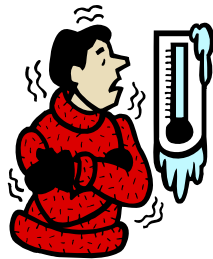
These are some of the things that can make Asthma worse:



Colds or flu.



Allergies.



Cold air.



Smoke.



Too much exercise..

# Things that can help Asthma.



Spacer.



Nebuliser.



Inhaler.



Tablets.

