

# What Happens During An Asthma Attack?

*During an asthma episode a person has hard time breathing because:*

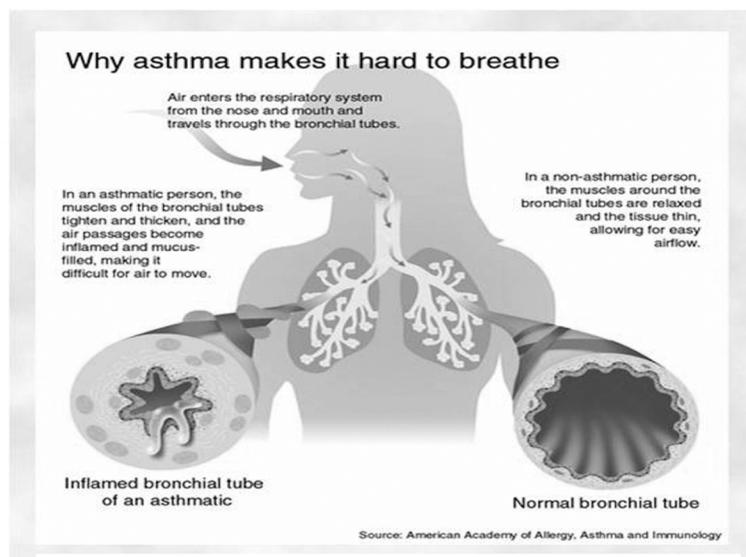
- The lining of the airways becomes swollen
- The muscles around the airways tighten, making the airways smaller
- Thick mucus forms, blocking small airways

## *Warning Signs of an Asthma Attack*

- Breathing very quickly or hunched over
- Severe wheezing
- Nostrils open wider with each breath
- Hard time walking, talking, or eating
- The skin between the ribs is pulled tight
- Lips, skin, or fingernails are blue
- Quick relief medicine isn't working after 20 minutes

## *How to Avoid an Asthma Attack*

- Refer to your asthma action plan developed by your doctor
- Take your quick relief medication as need or prescribed by your doctor
- Asthma episodes may be prevented by avoiding asthma triggers and taking a controller medicine, if prescribed by your doctor
- If your or your child's asthma action plan includes a daily controller medicine, be sure to take it every day, even when you or your child feels good



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