



All About Asthma

by Buster



1 I have asthma. Sometimes the airways in my lungs swell up, and it's hard for me to breathe.

2 You can't catch asthma from anyone, so it's perfectly safe to play with me. I'm still the same old Buster!

3 Certain things, like dust, make my asthma act up. Other things, like cigarette smoke and pet hair, can also cause asthma attacks. It's important to know what makes your asthma worse and stay away from those things.



4 Even though I have asthma I can still do all the regular kid stuff, like play soccer, eat pizza, and hang out with my friends. I just need to take my medicine and follow my doctor's directions. **It's no big deal!**