

TACKLING ASTHMA™

With Chris Draft & The Asthma Team™

I'm a professional football player and I have asthma. Asthma is a lung disease that makes it difficult to breathe. As the leading chronic disease in children, asthma causes them to miss more than 14 million school days each year. The Asthma Team™ is committed to tackling asthma by increasing asthma awareness and improving asthma management.



*Chris Draft
Asthma Team #52*

Here Are My **10** Tips For Tackling Asthma™

- 1** Be sure your parents and teachers learn asthma control skills. Asthma affects everyone around you.
 - 2** Stay away from things that can cause your lungs to tighten (we call them triggers) – such as pets, cold weather, dust and smoke.
 - 3** Parents or caregivers should stop smoking. Children of smokers are more likely to have asthma attacks.
 - 4** See your doctor regularly and have an asthma action plan.
 - 5** Know the names of your asthma medicines and take them as directed. You can have your medicines at school if you need to.
 - 6** If you still feel bad after using your asthma medicine, tell your parent, doctor or teacher.
 - 7** Remember that your asthma may change as you get older, but you will not outgrow asthma.
 - 8** Get a flu shot each year. (Colds and flu can trigger your asthma).
 - 9** Exercise! Exercise! Exercise! – but be smart.
 - 10** Remember asthma cannot be cured but it can be controlled!
- “Asthma Can’t Stop Me, So Don’t Let It Stop You!”™***
- Chris Draft, Asthma Team