

Tip Sheets

Asthma



Asthma is a condition in which the airways of the lungs become narrowed or completely blocked, impeding normal breathing.

When the airways become obstructed it takes more effort to force air through them so

breathing becomes labored.

Causes of Asthma

- Allergic triggers: Pollen, cockroaches, weather, mold, dust, animals, smoke, room deodorizers, and foods
- Non-allergic triggers: Respiratory infection, exercise, expression of strong emotion, and inflamed bronchial airways
- Heredity

Symptoms of Asthma

- Wheezing; a whistling or rattling sound
- Coughing with excessive mucus
- Shortness of breath, grunting
- Lips or fingernails turning blue
- Fatigue
- Difficulty playing, eating, walking, talking or sleeping
- Restlessness or agitation
- Chest pain or tightness
- Face is red, pale or swollen
- Sucking in at chest or neck
- Flaring nostrils or open mouth
- Dark circles under eyes

Treatment of Asthma

The obstruction of the lungs caused by asthma is reversible either spontaneously or with medication.

Medical Devices

- Nebulizers: Medical devices which release a fine mist of medicine for inhalation
- Inhalers: Small devices which release medicine in the form of vapor for inhalation
- Flow meters: Devices which measure a person's maximum expiration

Medications

- Bronchodilators (dilate openers): Drugs that open/dilate the airways
- Anti-inflammatory drugs: Drugs aimed at reducing inflammation of the airways

For more information on health and safety, visit www.inclusivechildcare.org.

Copyright © 2018 Center for Inclusive Child Care
1282 Concordia Avenue, Saint Paul, MN 55104

These materials may be freely reproduced for educational purposes. Information in this tip sheet has been modified from multiple sources.

Funding provided by the Minnesota Department of Human Services.