



## Asthma Awareness Month

*Nearly 25 million Americans have Asthma.  
Asthma is a chronic disease that impacts your  
lungs, sometimes making breathing more difficult.*

- Have regular check-ups with your clinician to help monitor and manage your asthma.
- Identify your asthma triggers and avoid them.
- Notify your doctor of any changes in your asthma symptoms.
- Be prepared - and know what to do - for when you have an asthma attack.

Source: <https://www.cdc.gov/asthma/faqs>

Developed by AmeriCorps member Sophie Boardman in the VISTA program serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Program from the Corporation for National and Community Service.