

LET'S TALK ABOUT ASTHMA

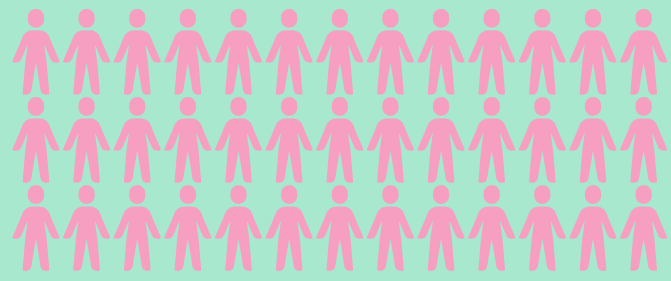
In minors 0-17 years of age in Riverside County

WHAT'S ASTHMA

It is a disease affecting the lungs. It can cause repeated episodes of wheezing, breathlessness, chest tightness and nighttime or early morning coughing.¹

26 %

OF CHILDREN IN RIVERSIDE COUNTY HAVE HAD ASTHMA RELATED VISITS TO THE ER²



TRIGGERS OF ASTHMA

- . Air pollution
- . Excitement or Irritation
- . Exercise
- . Cold or humid air
- . Tobacco smoke
- . Allergic reactions from dust, mold, pests, pollen and other allergies
- . Fragrances

GRADE F

Riverside County has failed many air quality tests measuring smog & particle pollution according to the American Lung Association in 2019³

LET'S MANAGE

TOGETHER!

- . Have an action plan
- . Take prescribed medications
- . Identify & avoid triggers
- . Know the signs to avoid severe flare up
- . Visit a medical professional often



COVID-19 & ASTHMA

COVID-19 is a respiratory virus which can cause flare ups in children with even mild asthma



SIGN & SYMPTOMS

Look out for ...

- . Fever & cough
- . Wheezing
- . Shortness of breath
- . Tiredness
- . Headache
- . Nasal congestion

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LET'S MAKE HEALTH A PRIORITY!

Information Sources

1. <https://www.cdc.gov/asthma/default.htm>

2. <https://www.shaperivco.org/indicators/index/view?indicatorId=126&localeId=270>

3. <https://www.lung.org/research/sota/city-rankings/states/california/riverside>