



QUEST 1: ASTHMA AWARENESS

WHAT HAPPENS WHEN YOU TAKE A BREATH?

- When you breathe in, air comes in through your mouth and nose.
- Air then goes to your lungs through small tubes called **airways**.
- When you breathe out, air leaves your lungs through the airways.

What happens when you have asthma?

Asthma is a problem with the **lungs** that can make it hard to breathe. When you have asthma symptoms, two main things happen:

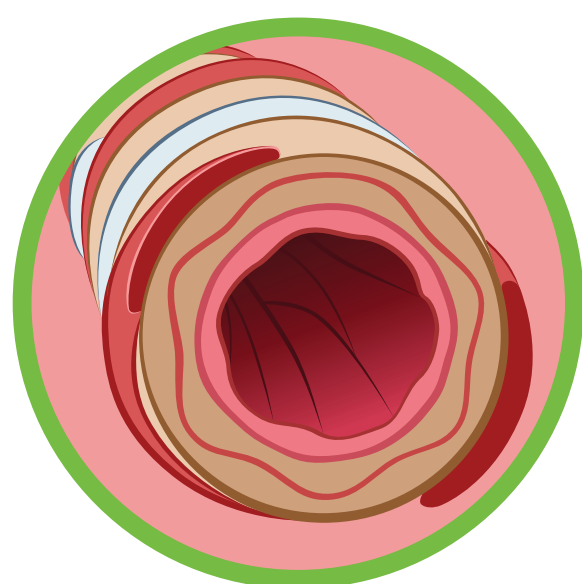
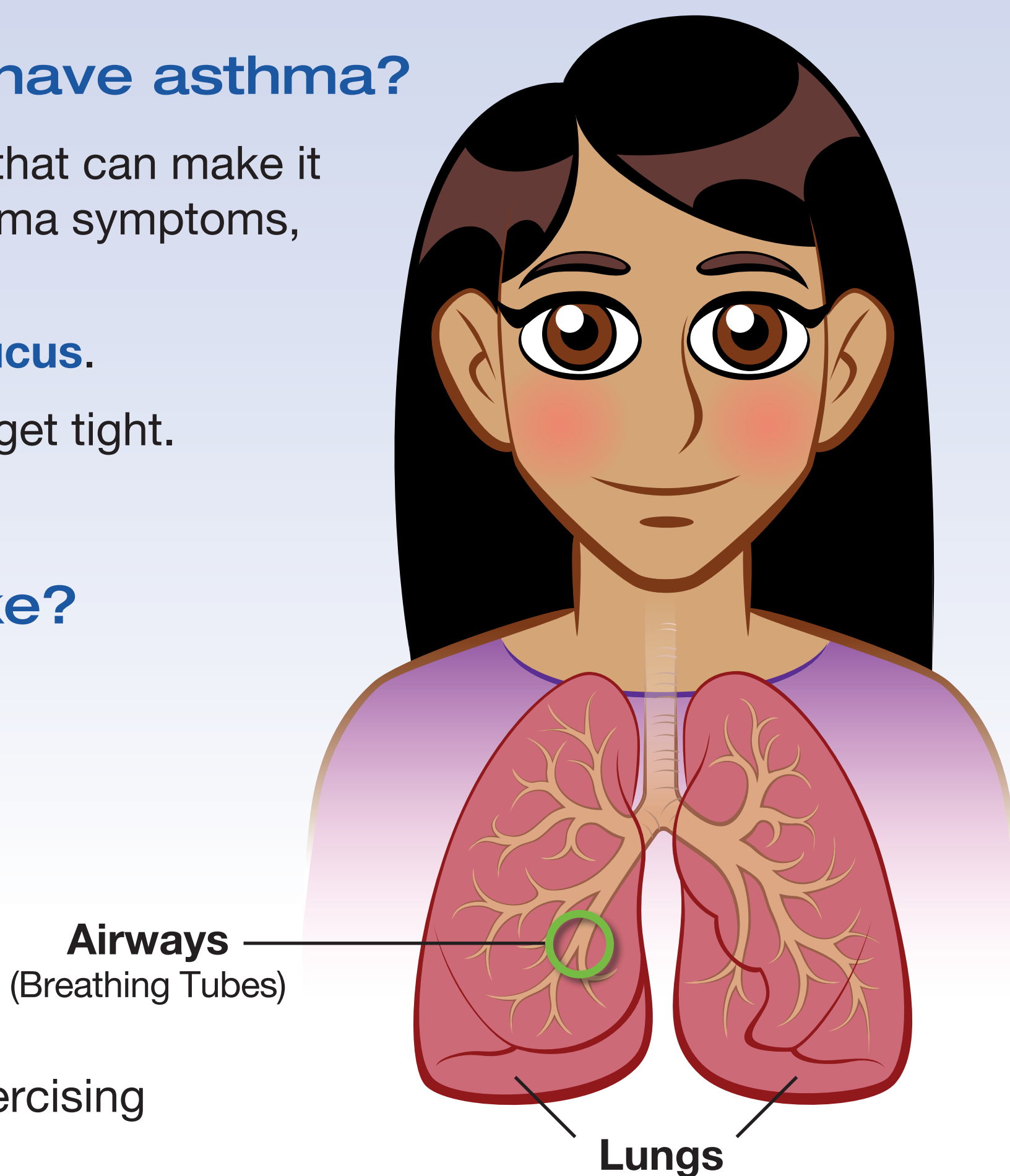
1. The airways swell and fill with **mucus**.
2. The muscles around the airways get tight. This makes the airways smaller.

What does asthma feel like?

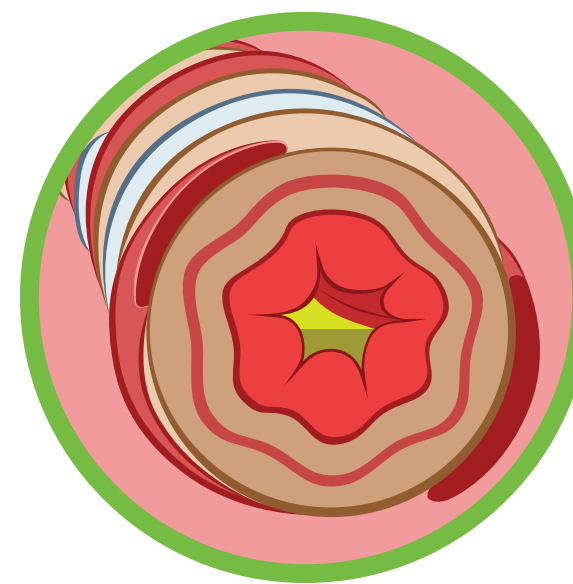
The main **symptoms** of asthma are:

- **Coughing**
- **Wheezing**
- **Shortness of breath**
- **Chest tightness**

You may have trouble sleeping or exercising because of your asthma symptoms.



Normal Airway
(wide open—breathing is easy)



Airway During Asthma Symptoms
(swollen, smaller, and filled with mucus—breathing is hard)