

Learning About Asthma

Tips for Parents

One of every thirteen children has asthma. During an asthma attack, the airways in the lungs swell and the muscles around them constrict, making it hard to breathe. Things such as smoke, dust, pets, and mold can cause asthma attacks. There is no cure for asthma, but with proper care and medicine, children with asthma can lead active, healthy lives.

If your child has any of the following symptoms, he or she may have asthma. Talk to your doctor to find out more.

- Wheezing, a whistling noise made while breathing
- Chronic cough, especially at night, after exercise, or in cold weather
- Shortness of breath, especially when exercising

If your child has asthma, fill out an Asthma Treatment Plan and give copies to your child's teacher, coach, childcare provider, babysitter, etc. so they know what to do and who to call if your child has an asthma attack.



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瞭解哮喘病

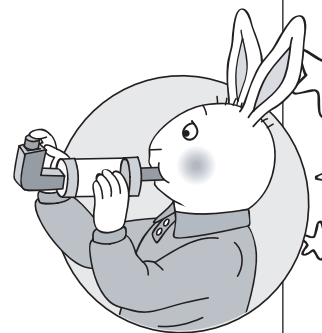
對父母的提示

每十三名兒童中就有一名哮喘病患者。哮喘發作時，肺部的氣管腫脹，週圍肌肉收縮，造成患者呼吸困難。煙氣、塵土、寵物和霉菌等會誘使哮喘發作。哮喘病無法治愈，但若得到適當的護理並服用藥物，患有哮喘病的兒童能夠有活躍而健康的生活。

如果您的孩子出現下列任何一種症狀，則可能患有哮喘病。請向您的醫生洽詢，瞭解詳情。

- 喘 鳴：即呼吸時發出哨音
- 慢性咳嗽：尤其是在夜間、運動後或寒冷的天氣
- 氣 促：尤其是在運動時

如果您的孩子患有哮喘病，請填寫「哮喘治療計劃」表，並將該表的拷貝送交給孩子的老師、教練、幼兒護理機構、幼兒看護人等，以便在孩子哮喘發作時，他們知道如何處理和應當給誰打電話。



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