

AVOID AIR POLLUTION AVOID ASTHMA

Pollution (dirty air) is a big trigger for asthma as it makes it difficult to breathe and affects the health of humans, animals, and plants. Avoiding pollution helps prevent asthma symptoms!

How to avoid pollution



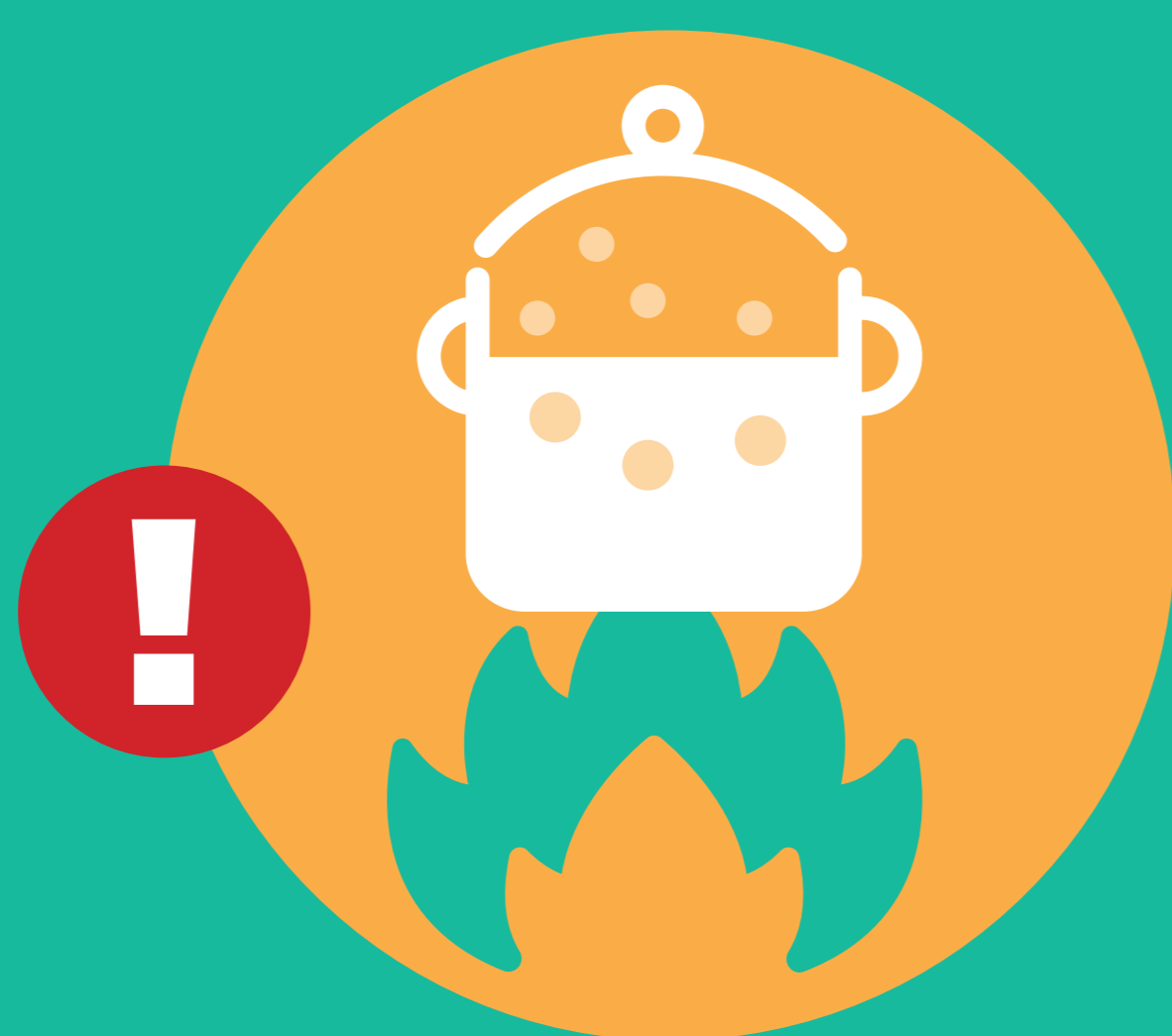
Avoid walking along busy roads

Cars and trucks release fumes that are harmful to us.



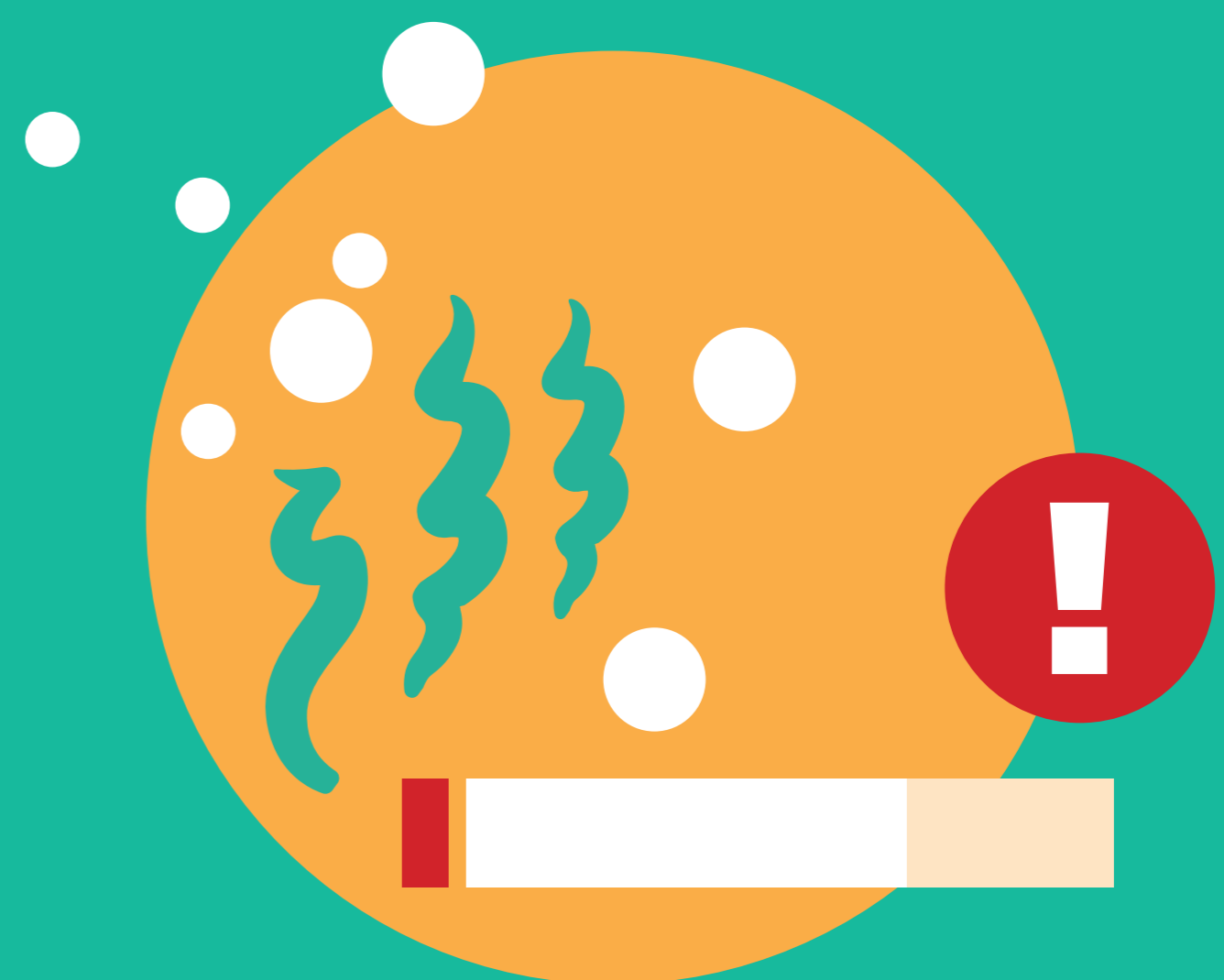
Avoid burn sites and factories

The smoke from these sites contain chemicals that irritate your lungs



Cook with alternatives to paraffin, coal, or wood to reduce smoke inhalation.

Cooking with an oven, hob or microwave is better.



Stay away from cigarette, vape, or hubbly smoke.

All these products contain chemicals that weaken the lungs. If your friends or family smoke, rather visit outside.

ADOLESCENT ASTHMA

Asthma is a common breathing condition in South Africa



Asthma affects **20%**
of all children
in South Africa



South Africa is
ranked **25th** worst
worldwide for
asthma prevalence



South Africa is
ranked **5th** worst
worldwide for
asthma deaths

You may have asthma if you have



a tight chest



a cough and/or
wheeze



shortness of breath

especially when you have a cold, exercise, encounter pollution and second-hand cigarette or vape smoke, or during heightened emotions. These are all triggers of asthma symptoms.



Did you know?

Asthma can be controlled, and you can have a normal, active life. A doctor's diagnosis will allow you to take medication that makes

breathing easier. Asthma medications are safe and can be used by young children. A puff a day keeps the doctor away!

