

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



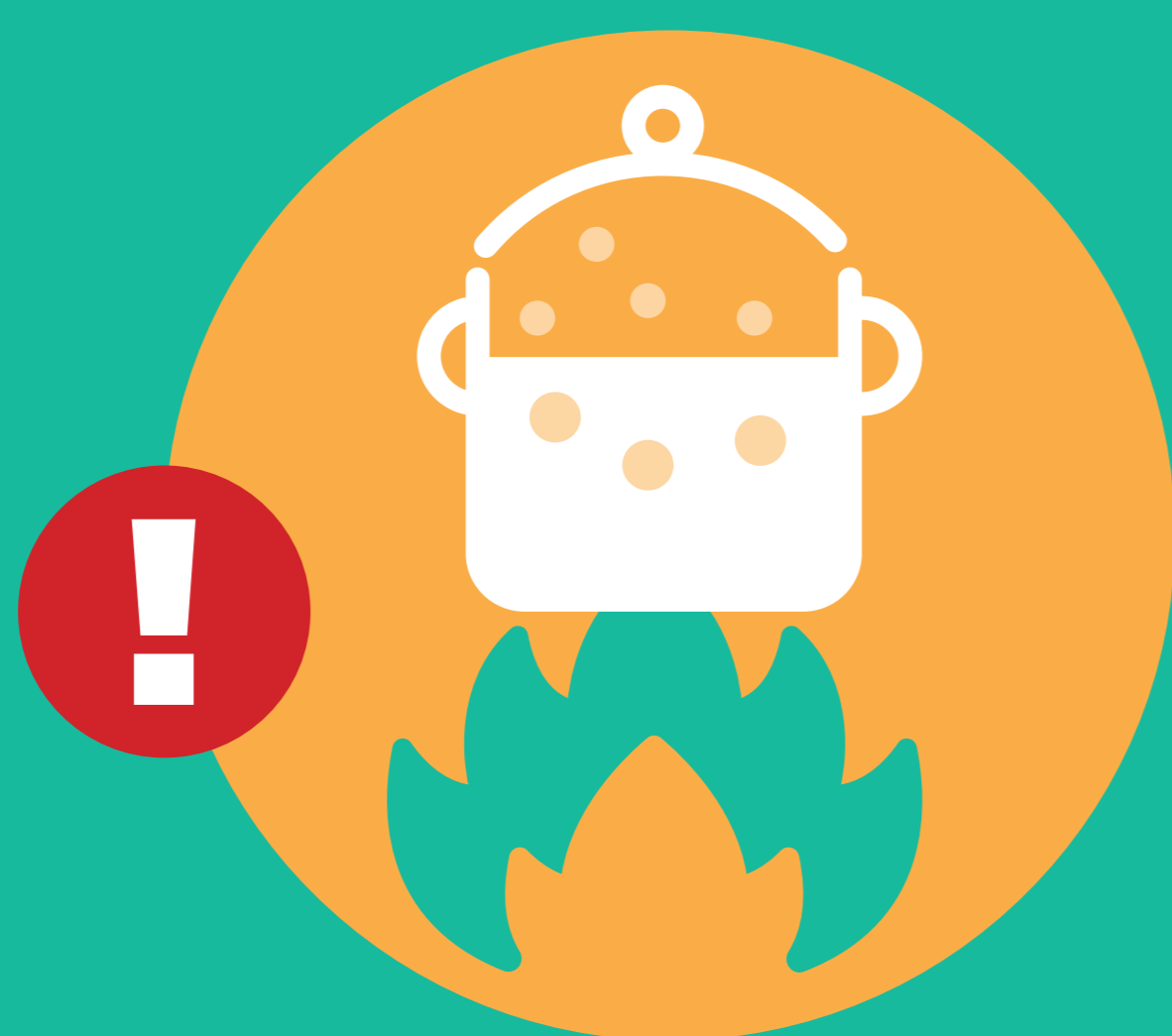
Avoid walking along busy roads

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 or 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!

