

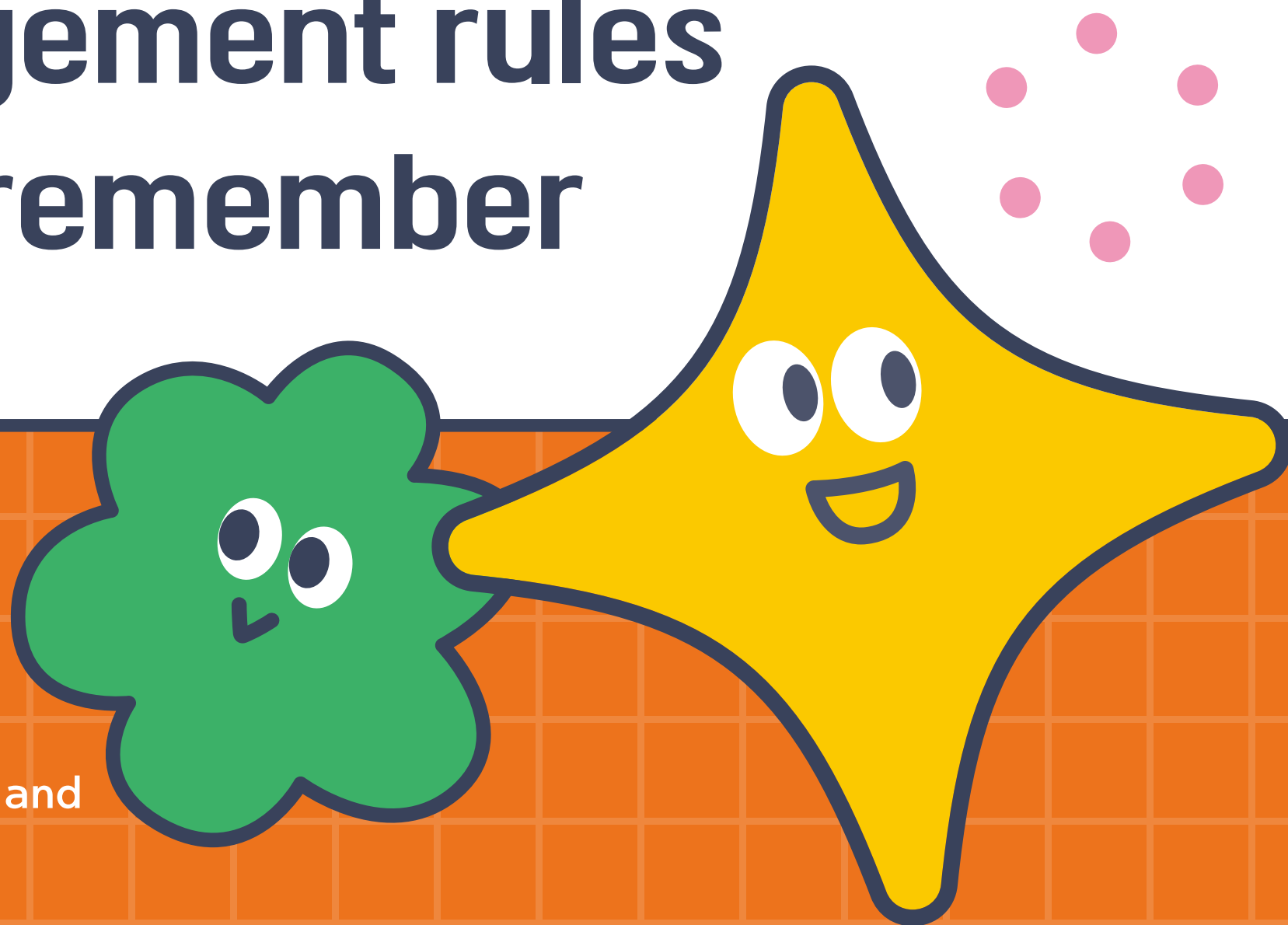
My Body Free from Allergies ✨

CAMPAIGN TO CREATE A HEALTHY KOREA

**Let's all practice together!
Asthma prevention
and management rules
that must remember**



Korea Disease Control and
Prevention Agency



Q. What is asthma?

Allergic inflammatory disease that occurs in the bronchi.
Allergens enter the bronchial mucosa that cause allergic inflammation.

For example

- Pet hair and dandruff
- House dust mites
- Mold, pollen, dust

Asthma symptoms progress

1. Inflammation occurs in the bronchi
2. Swelling of the bronchial mucosa
3. Bronchial muscle cramps and contraction
4. Deterioration of lung function



Q. What are the symptoms of asthma?

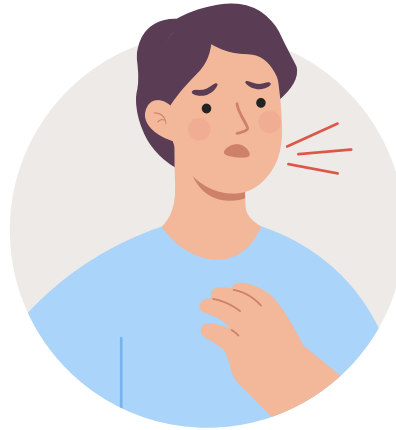
3 typical symptoms



Cough



Phlegm



Shortness of
breath



Wheezing

Common Symptoms of Asthma

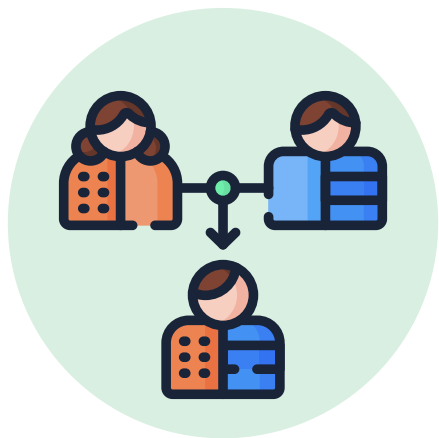
- People who cough frequently, people who cough for a long time, people who frequently cough up phlegm, people who have difficulty breathing, people who wake up from sleep due to difficulty in breathing.

* Many people miss the timing of treatment due to mistaken it for another disease!

-
- When symptoms get worse than before under certain circumstances, it is called an asthma attack or acute exacerbation.
- After exposure to allergy-causing substances, After exercising, taking certain medications, or having a cold

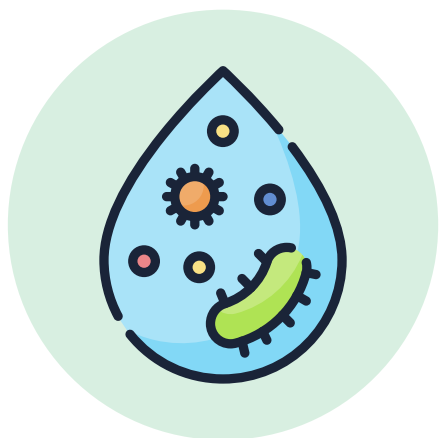
Q. What causes asthma?

There are genetic and environmental factors, and you need to be careful about aggravating factors!



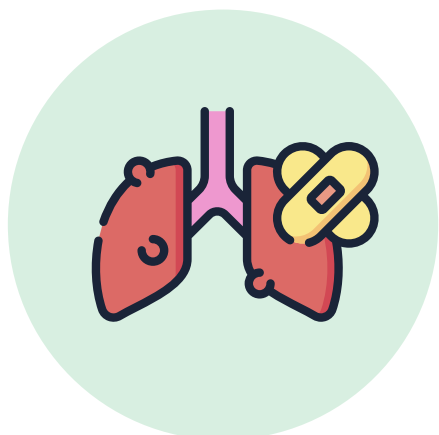
Genetic factors

If one of the parents has an allergic disease, the child is more likely to develop asthma



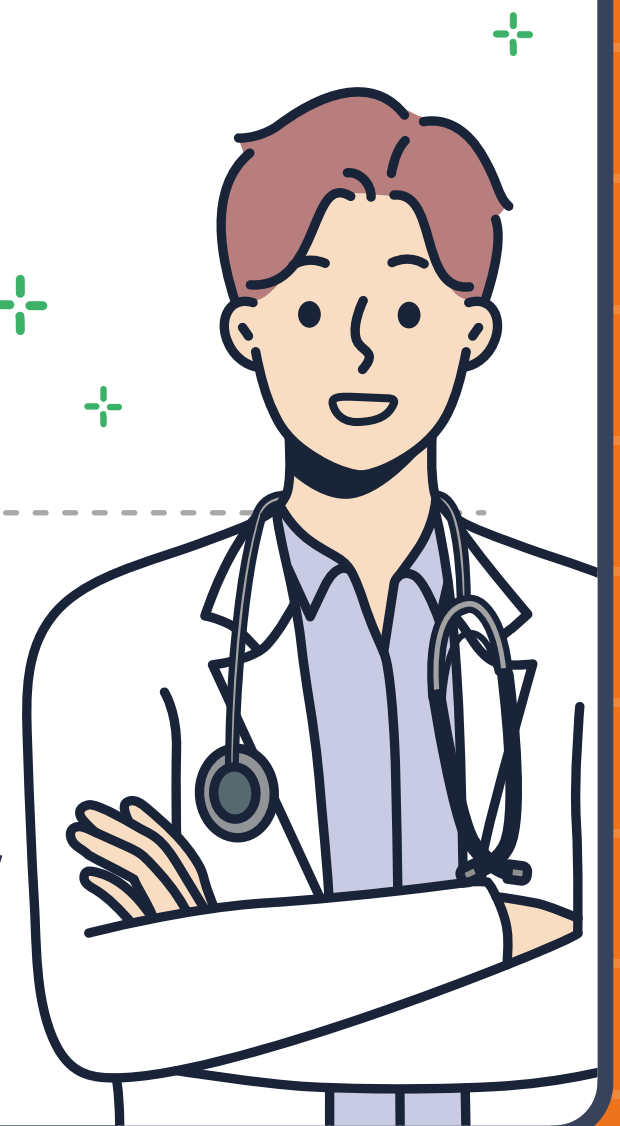
Environmental factors

If exposed frequently to Allergenic substances from the young age



Aggravating factors

Colds, exercise, drugs, exposure to air pollution or indoor pollutants, smoking, stress



Q. What causes asthma?



Asthma self-diagnosis checklist

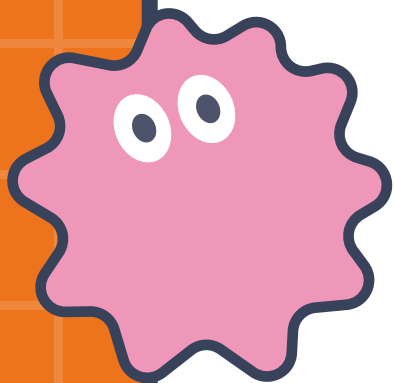
If there is even one of these, It is most likely asthma.

- ☒ If I breathe in cold or polluted air, I can hear a gurgling sound or having a severe episode of coughing.
- ☒ I wake up at night because of chest tightness, shortness of breath, rough breathing or having a severe episode of coughing.
- ☒ When I catch a cold I had shortness of breath, I can hear gurgling sound when breathing, or have a cough that lasts for more than a month.
- ☒ I have shortness of breath and have a gurgling breathe sound during or immediately after exercise.
- ☒ When I'm working at the office, I'm having shortness of breath and a gurgling breathe sound, but it's okay when I'm on vacation.
- ☒ Every spring or fall, I have a period where my cough lasts for more than a month or I feel short of breath.
- ☒ During exams or when I'm under a lot of mental stress, shortness of breath or a gurgling breathe sound occurs.
- ☒ I have a family member who suffers from asthma or allergic rhinitis, and I sometimes feel chest tightness and shortness of breath.

Q. What is atopic dermatitis?



1. Keep the indoor area clean, and avoid going out or wear a mask on days with high air pollution.
2. After checking through tests avoid the cause and aggravating factors of asthma.
3. Stop smoking and avoid involuntary smoking as much as possible.
4. To prevent colds, wash your hands well and get vaccinated against influenza.
5. Exercise regularly and maintain a normal weight.
6. Treat asthma according to the doctor's instructions and know what to do in case of worsening.
7. Treat consistently with methods that have been proven effective and safe!



**Protect your precious health with
correct allergy information**

 **Search 'Know my body' now**

Korea Disease Control and Prevention
Agency National Health Information Portal



Atopic Asthma Education Information Center



YouTube Don't be sick TV



Korea Disease Control and
Prevention Agency

