

## Asthma is a common breathing condition that affects 20% of all children

Asthma tends to run in families, although this is not always the case. You may have seen someone at school who uses an inhaler to help them breathe better and control asthma symptoms.

**1 out of every 5 adolescents** in South Africa have asthma

## Asthma affects many South Africans

South Africa is ranked **25th worst worldwide** for asthma prevalence (number of people with asthma).

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

**Almost 1 out of every 5 adolescents in South Africa** have asthma, but asthma remains unrecognised and under-diagnosed.

Only **1 out of every 3** adolescents with asthma symptoms have a doctor's diagnosis and despite having severe asthma symptoms, fewer than **1 out of every 10** are on the right medication.



## Do you think you or a loved one has asthma?

You may have asthma if you have **a cough and/or wheeze, a tight chest or shortness of breath,**

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



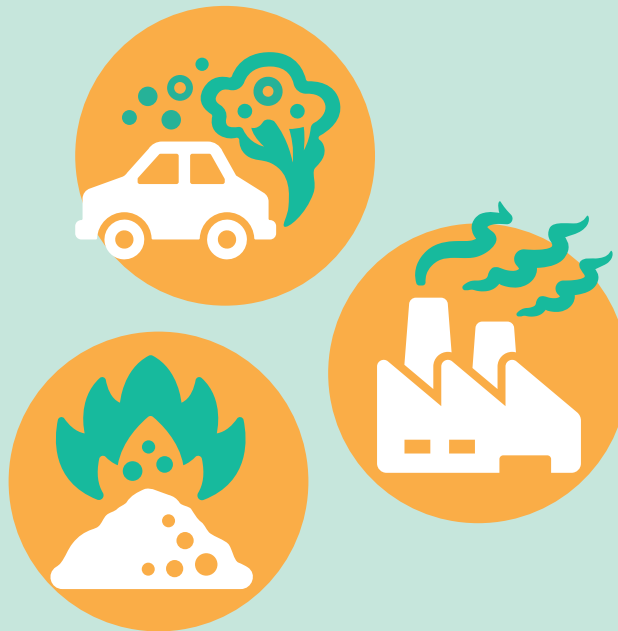
Did you know that asthma can be controlled, and you can have a normal, active life?

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!



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

Sources of air pollution include traffic, burn sites, factories and cooking with paraffin, coal, wood or dung.



# BREATHE EASY



Learning about adolescent asthma in South Africa