

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!

