



## Asthma and Smoking

### What is Asthma?

Asthma is a health issue that effects the lungs. Airways swell and make it hard to breathe.

### Asthma Triggers

Triggers make asthma worse and can cause an attack. Some common triggers are:

- Tobacco smoke.
- Air pollution.
- Dust.
- Cockroaches.
- Pet fur.
- Pollen.
- Being active.
- Cold or the flu.
- Meds like aspirin.
- Stress.

### Signs of an Asthma Attack

These include:

- Coughing - worse at night and early in the morning.
- Wheezing - whistle sound when you breathe.
- Chest tightness.
- Shortness of breath.

### Taking Care of Asthma

Talk with your doctor about:

- Asthma meds.
- Asthma triggers and how to avoid them.
- Quitting smoking.

### Why Quit Smoking

You can't get rid of asthma, but quitting can make your lungs work better. You are less likely to have:

- Swollen airways.
- Shortness of breath and coughing.
- Hospital stays due to asthma.



### Free Help to Quit Tobacco Use

You can get free, confidential help to quit smoking, vaping, or chewing tobacco.

- Call 800-QUIT-NOW (800-784-8669)
- Or text **READY** to 200-400
- Or visit [www.WiQuitLine.org](http://www.WiQuitLine.org)

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800-QUIT-NOW