

English

حكومة دبي
GOVERNMENT OF DUBAI

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

World Asthma Day

May 2021

#PublicHealthMatters



What is Asthma?



Asthma is a lung disease that causes the airways to narrow and swell and produce extra mucus.



General Information



General information about Asthma:

1. It is not related to a specific age, and it can affect humans at any age
2. It is not a childhood disease; It can be overcome as the child gets older
3. It is a non-contagious disease
4. Viral infections can cause asthma
5. You can exercise normally if you control your asthma attacks well
6. Most of the time, asthma can be controlled with a simple dose of cortisone



Symptoms



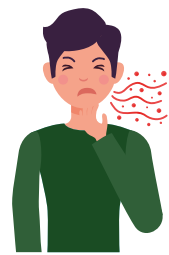
Asthma Symptoms



Allergies



Common cold



Frequent coughing



Sleep disturbances



Wheezing



Shortness of breath



Chest pain



5 tips



There is no way to prevent asthma, but attacks can be controlled through 5 main points:

1. Follow the treatment plan, and take medications as prescribed by the doctor
2. Identify and avoid triggers for asthma attacks
3. Get vaccinated for influenza and pneumonia
4. Monitor breathing and identify the first warning signs of an asthma attack
5. Treat asthma attacks early and consult a doctor if asthma attacks are frequent, in order to modify your treatment plan



Causes and triggers



Asthma causes and triggers

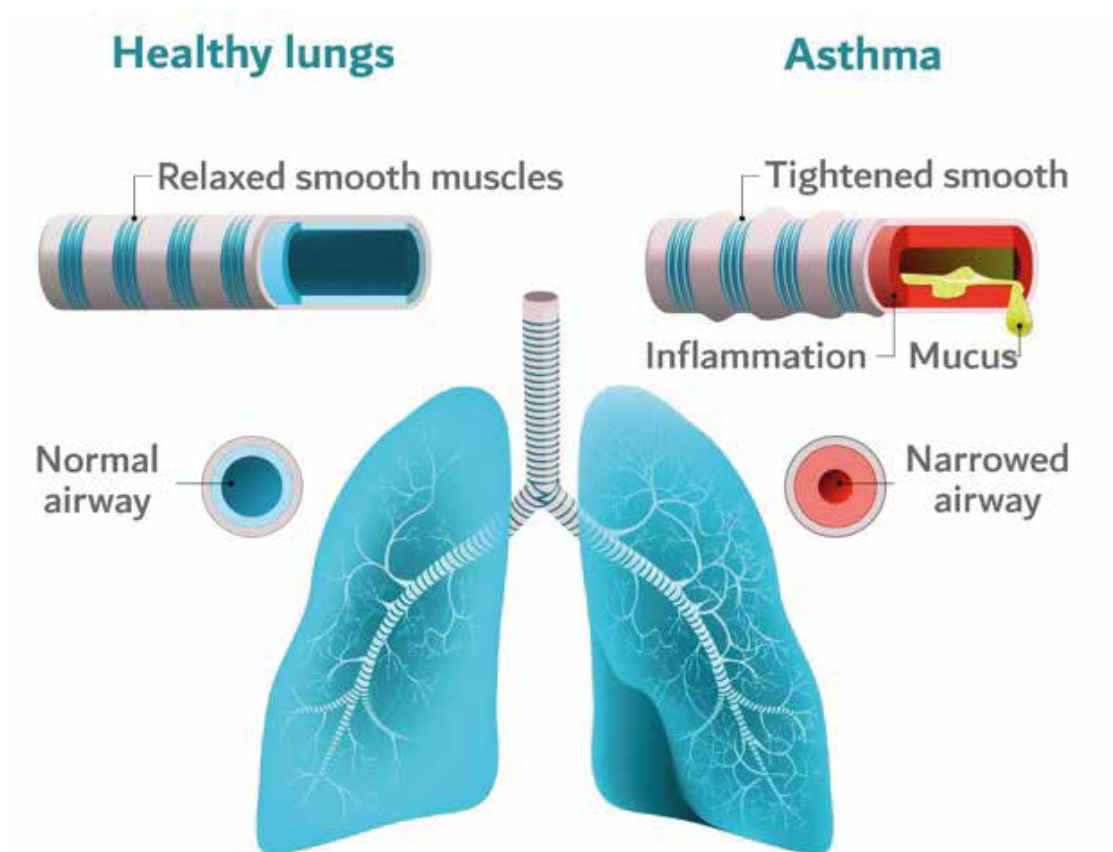
- Fatty meals
- Dust
- Pets
- Bacteria and viruses
- Pollution
- Smoking
- Household chemicals
- Genetic predisposition
- Respiratory infections
- Physical activity



The bronchi



The difference between the bronchi of an asthmatic and a non-asthmatic patient





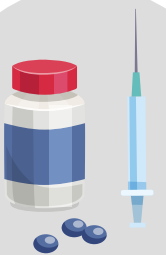
Unstable weather conditions



Advice to asthmatics during unstable weather conditions



Always carry your inhaler in case of an emergency



Take your medication on time even if you feel fine



Promptly head to your nearest primary healthcare centre in case of a severe asthmatic attack



Advice during COVID-19 Pandemic



Advice for asthma patients during the COVID-19 pandemic

- Taking the Covid-19 vaccine helps prevent the disease
- Follow your asthma treatment plan
- Do not neglect your medical appointments with your attending physician
- Stick to your medications even when there are no symptoms of irritation
- Avoid asthma triggers, and if there are housecleaning tasks, delegate them to someone else