



Asthma care at your fingertips.

When you have asthma, managing your symptoms and medications is a big part of every day. Children's HealthSM wants to make your asthma management simple with the Asthma Buddy app.

Use Asthma Buddy to:

- Log and track daily symptoms
- View my Asthma Action Plan
- View medications
- Access asthma education resources
- Receive up to date asthma news and notifications



Download the Children's Health Asthma Buddy app.
Text "ASTHMA" "ASTHMA BUDDY" "ASMA" or
"ASMA BUDDY" to 77-444



Message and data rates may apply.

children'shealth[?]

You can help control your asthma.

Be sure to follow a health care provider's treatment recommendations, take proper medication and avoid these environmental triggers:

1 Smoke

Cigarettes, cigars, wood burning fireplace, campfire, barbecue grill

2 Irritants

Strong smells or odors like perfume, air fresheners, cleaners, barbecue grill, car exhaust, ozone

3 Illness and infection

Colds, flu, sinus, ear infections

4 Allergens

Mold, pets with fur or feathers, dust mites, roaches, pollen

5 Weather

Cold weather, very hot weather, very fast changes in weather, high ozone levels