

# **Asthma Sample Social Media Posts in English and Spanish**

Share these sample posts on your social media channels to raise awareness about asthma.

## **National Asthma and Allergy Awareness Month (May)**

May is National Asthma and Allergy Awareness Month! Find information and resources for managing asthma from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

Looking for asthma info and resources? @BreatheBetter can help! They have social media resources, videos, and fact sheets for patients, caregivers, and healthcare providers. Learn more: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

May is National Asthma and Allergy Awareness Month! We’re joining NHLBI and its @BreatheBetter program to share information and resources for managing your asthma so you can #BreatheBetter. Learn more: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness

Did you know African Americans and Puerto Ricans have high rates of asthma? Learn more about asthma and tips for managing it during National Asthma and Allergy Awareness Month from NHLBI’s @BreatheBetter program. #BreatheBetter #AsthmaAwareness <https://www.nhlbi.nih.gov/LMBBasthma>

## **General Asthma**

Most people with asthma should be able to manage it and keep it under control for a lifetime. Work with your healthcare provider and watch for changes in your symptoms. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

About 1 in 13 Americans has asthma. Symptoms include chest tightness, coughing, wheezing, and shortness of breath. Talk to a healthcare provider if you or your child shows any of these signs. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

Asthma is a long-term condition that can make the airways of your lungs inflamed and narrow, which can make it harder to breathe. Learn more about managing asthma from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

## **Asthma in Our Communities**

Asthma affects many people across the U.S., but some groups are more impacted than others. The good news? If you have asthma, there are steps you can take to manage it. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #BreatheBetter #AsthmaAwareness

Black Americans are over 40% more likely to have asthma than white Americans. With the right treatment, medication, and symptom monitoring, asthma can be more effectively controlled. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

Did you know Black Americans are almost 4x more likely to be hospitalized because of their asthma than white Americans? Learn more from @BreatheBetter about managing and controlling asthma: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

Hispanics/Latinos are twice as likely to visit the ER for asthma than white people. Work with a healthcare provider to develop an asthma action plan that works for you. Learn more about asthma management from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #BreatheBetter #AsthmaAwareness

Puerto Rican Americans have twice the asthma rate of the overall U.S. Hispanic/Latino population. Learn more about asthma management and treatment from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

American Indians/Alaska Natives are 41% more likely to die from asthma than white people. While there’s no cure for asthma, it can be controlled. Learn more about asthma management and treatment from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #BreatheBetter #AsthmaAwareness

Did you know American Indians/Alaska Natives are 20% more likely to have asthma than white Americans? With the right management and treatment, asthma can be more effectively controlled. Learn more from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

Almost twice as many women than men have asthma. Women generally have more symptoms and rely more on rescue medications, too. Learn more about asthma management from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

## **Asthma in Children**

Millions of children in the U.S. have asthma. It can’t be cured, but it can be managed. Learn more from @BreatheBetter about managing your child’s asthma so they can #BreatheBetter. #AsthmaAwareness <https://www.nhlbi.nih.gov/LMBBasthma>

Kids with asthma may have a cough, wheeze, chest tightness, and shortness of breath. Work with their doctor to develop an asthma action plan, and share it with their caretakers and school. Learn more from @BreatheBetter <https://www.nhlbi.nih.gov/LMBBasthma> #BreatheBetter #AsthmaAwareness

Asthma is the most common chronic disease of childhood, leading to missed school days, trips to the emergency department, and hospital stays. Learn more about asthma from @BreatheBetter: <https://www.nhlbi.nih.gov/LMBBasthma> #BreatheBetter #AsthmaAwareness

# **Ejemplos de mensajes para las redes sociales sobre el asma en Español**

Comparta estos ejemplos de mensajes en sus redes sociales para concienciar sobre el asma.

## **Mes Nacional de Concientización sobre el Asma y las Alergias (mayo)**

¡Mayo es el Mes Nacional de Concientización sobre el Asma y las Alergias! Encuentre información y recursos para controlar el asma en @BreatheBetter: <https://www.nhlbi.nih.gov/education/LMBBasthma/asthma-awareness-month> #AsthmaAwareness #BreatheBetter

¿Busca información y recursos sobre el asma en español? @BreatheBetter puede ayudarle. Tienen recursos para las redes sociales, videos y hojas informativas para pacientes, cuidadores y proveedores de salud. Aprenda más: <https://www.nhlbi.nih.gov/LMBBasthma> #AsthmaAwareness #BreatheBetter

¡Mayo es el Mes Nacional de Concientización sobre el Asma y las Alergias! Nos unimos a NHLBI y @BreatheBetter para compartir información y recursos para manejar su #asma y pueda respirar mejor. #BreatheBetter Aprenda más: <https://www.nhlbi.nih.gov/health-topics/espanol/asma> #AsthmaAwareness

¿Sabía que los afroamericanos y los puertorriqueños tienen altas tasas de asma? Aprenda como debe controlarlo durante el Mes Nacional de Concientización sobre el Asma y las Alergias del programa @BreatheBetter del NHLBI. #BreatheBetter #AsthmaAwareness <https://www.nhlbi.nih.gov/es/salud/asma>

## **Asma en general**

La mayoría de las personas con asma pueden manejarlo y mantenerlo bajo control durante toda la vida. Trabaje con su proveedor de atención médica y esté pendiente si sus síntomas cambian. Aprenda más en @BreatheBetter: <https://www.nhlbi.nih.gov/es/salud/asma> #AsthmaAwareness #BreatheBetter

Cerca de 1 de cada 13 estadounidenses tiene asma. Los síntomas incluyen opresión en el pecho, tos, sibilancias y dificultad para respirar. Hable con un médico si muestra uno de estos síntomas. Aprenda más en @BreatheBetter: <https://www.nhlbi.nih.gov/es/salud/asma> #AsthmaAwareness #BreatheBetter

## **El asma en la comunidad hispana/latina**

Los hispanos/latinos son el doble de propensos a ir a urgencias por el asma que los blancos. Hable con un medico para crear un plan de acción para el asma que funcione para usted. Aprenda más sobre el manejo del asma en @BreatheBetter: <https://www.nhlbi.nih.gov/es/salud/asma> #BreatheBetter #AsthmaAwareness

Los puertorriqueños tienen el doble de la tasa de asma que la población hispana/latina en los Estados Unidos. Aprenda más sobre el manejo y el tratamiento del asma en @BreatheBetter: <https://www.nhlbi.nih.gov/es/salud/asma> #AsthmaAwareness #BreatheBetter

## **Asma en los niños**

Millones de niños estadounidenses tienen asma. No se puede curar, pero se puede controlar. Aprenda más en @BreatheBetter sobre el manejo del asma de su hijo para que pueda respirar mejor. #BreatheBetter #AsthmaAwareness <https://www.nhlbi.nih.gov/es/salud/asma>

Los niños con asma padecen tos, sibilancias, opresión en el pecho y falta de aire. Trabaje con su médico para crear un plan de acción para el asma, y compártalo con sus cuidadores y la escuela. Aprenda más en @BreatheBetter <https://www.nhlbi.nih.gov/es/salud/asma> #BreatheBetter #AsthmaAwareness

El asma es la enfermedad crónica más común de la infancia, que provoca ausencias escolares, visitas a urgencias y hospitalizaciones. Aprenda más sobre el asma en @BreatheBetter: <https://www.nhlbi.nih.gov/es/salud/asma> #BreatheBetter #AsthmaAwareness