

Don't let asthma slow you down.

The Black community has higher rates and more serious complications from asthma. That includes being almost four times more likely than white people to be hospitalized because of asthma.

THE GOOD NEWS?

If you have asthma, you can take steps to control symptoms and lead a full and active life.



Talk to a healthcare provider about making an asthma action plan.

nhlbi.nih.gov/breathebetter



National Heart, Lung,
and Blood Institute

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