Impact on social life

- GP / hospital visit
- Having to explain about asthma
- Being bullied, left out, and not believed
- Missing school activities

Asthma

- Physical complaints: cough, shortness of breath, wheezing, sore throat, asthma attack

Environmental Triggers*
- pets
- cigarette smoke
- dust
- seasonal changes

Avoidance of triggers

Limitations in activities
- running, sport activities, swimming, physical education

Emotional and mental impact

- Daily medication use
- Feeling different from peers
- Difficult to concentrate
- Dependence on medication

GP / hospital visit

Having to explain about asthma

Being bullied, left out, and not believed

Missing school activities

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