



Asthma isn't managed in isolation – it is shaped by where people live, the air they breathe, and the support around them. Keeping childhood asthma under control takes more than medication. It takes a community.

The Asthma and Allergy Foundation of America provides sample educational messages for your use on your social media channels, websites, or newsletters to raise awareness about the importance of managing childhood asthma.

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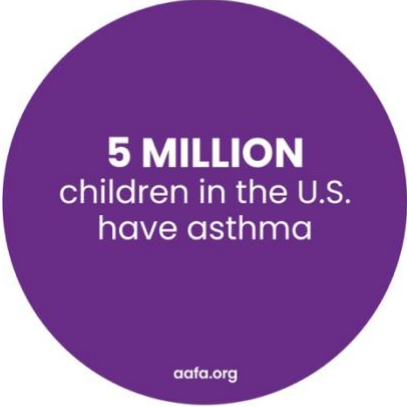

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Use the hashtag **#AsthmaAwareness** and **#KidsAsthma** when you share these resources.



Childhood Asthma Stats and Facts

Image	Post text
 <p>5 MILLION children in the U.S. have asthma</p> <p>aafa.org</p> <p>Download Image</p>	<p>Asthma is the top chronic disease in U.S. children affecting 1 in 15 kids.</p> <p>This means 1-2 kids in every classroom have asthma.</p> <p>Learn more: https://aafa.org/asthma/living-with-asthma/asthma-in-children</p>
 <p>Asthma is the top chronic disease in U.S. children affecting 1 IN 15 kids.</p> <p>aafa.org</p> <p>Download Image</p>	<p>About 5 million kids in the U.S. have asthma. It is a leading cause of missed school days for children.</p> <p>Visit https://aafa.org/school for resources on managing asthma and keeping kids healthy and at school.</p>

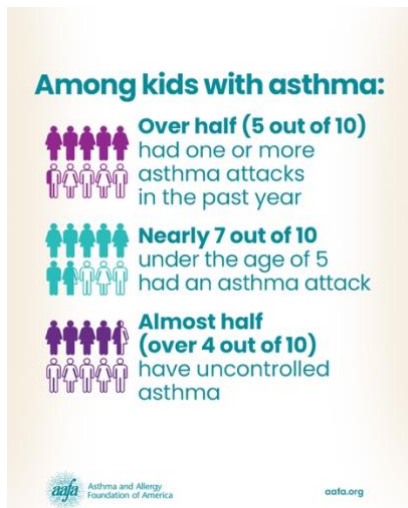


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Every child with asthma needs an asthma action plan to help them keep their asthma under control – but only about half have one.

Download a sample action plan and talk with your child’s doctor:

<https://aafa.org/actionplan>



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Almost half of kids with asthma have uncontrolled asthma. This can mean missed school days, hospital stays, and lower quality of life.

What controlled or uncontrolled asthma means:

<https://aafa.org/asthma/asthma-symptoms/asthma-control/>

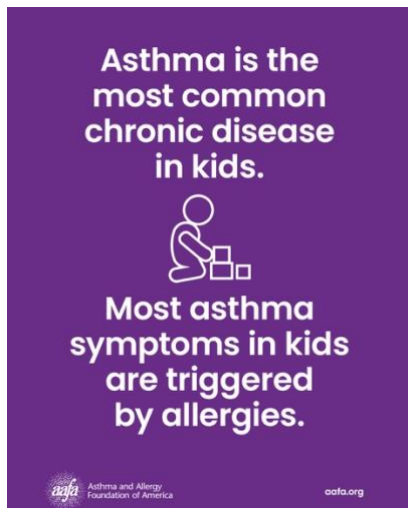


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1 in 15 children in the U.S. has asthma. If they can't breathe, they can't learn.

Parents, caregivers, and schools need asthma plans to keep kids healthy and learning.

<https://aafa.org/asthma/living-with-asthma/school-health-care-plans-for-asthma-and-allergies/>



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💡 Know the facts about asthma in children:

- Around 5 million children in the U.S. have asthma
- 8 out of 10 children with asthma have allergic asthma
- Asthma is a top reason for missed school days
- Almost half of children with asthma have uncontrolled asthma

Asthma can be managed and controlled by:

1. Avoiding or reducing triggers (like dust mites, pollen, animal dander)
2. Using asthma medicines as prescribed.
3. Taking care of overall health.

Learn more:

<https://aafa.org/asthma/living-with-asthma/asthma-in-children>





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Allergic asthma is the most common type of asthma among children. This means things like dust mites, pollen, animal dander, and mold trigger asthma attacks.

Learn facts about childhood asthma and ways to can manage it:

<https://aafa.org/asthma/living-with-asthma/asthma-in-children>



Asthma Signs and Symptoms

Image	Post text
 <p>Common signs and symptoms of asthma include:</p> <ul style="list-style-type: none"> Shortness of breath Cough Chest tightness or pain Wheeze (a whistling sound when you breathe) Waking at night due to symptoms <p>Download Image</p>	<p>Common symptoms of asthma include coughing, wheezing, shortness of breath, and chest tightness or pain.</p> <p>Children may also have:</p> <ul style="list-style-type: none"> - Tiredness, not interested in normal activities - Fast breathing - Trouble sucking or eating - Panting with normal activities like playing <p>https://aafa.org/asthma/living-with-asthma/asthma-in-children</p>
 <p>Signs and symptoms of an asthma emergency:</p> <ul style="list-style-type: none"> • Asthma getting worse quickly • Asthma medicines are not helping • Severe shortness of breath • Trouble talking or walking due to shortness of breath • Breathing hard or shallow • Chest is sucking inward • Fingertips, nails, or around mouth are changing color (grayish, whitish, or bluish) <p>Download Image</p>	<p>Take action right away if you see these signs in children:</p> <p>Asthma that is getting worse quickly, medicines aren't helping, severe shortness of breath, hard or shallow breathing, chest that is sucking inward, or pale color on the fingertips, nails, or mouth.</p> <p>https://aafa.org/asthma-symptoms</p>

Breathe, Learn, Play, Sleep

Awareness Campaign:

Different images and drafts available below – you can mix and match.

Image	Post text
 <p>Download Image</p>	<p>When a child's asthma is under control, they will:</p> <ul style="list-style-type: none">-Have few or no symptoms-Be able to play, sleep, learn-Miss fewer days of school-Need fewer trips to the doctor or hospital-Have a better quality of life <p>https://aafa.org/asthma/living-with-asthma/asthma-in-children/</p>
 <p>Download Image</p>	<p>Asthma's impact can be serious for kids. It can affect a child's growth and puts them at risk for reduced lung function.</p> <p>Asthma is also one of the top reasons children miss school.</p> <p>Proper treatment will help them feel better, participate in all activities including sports, and miss fewer school days.</p> <p>https://aafa.org</p>



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Asthma is one of the top reasons children miss school. It can affect their ability to sleep, learn and participate in school.

It's important to help keep your child's asthma under control so they can do daily activities.

<https://aafa.org>



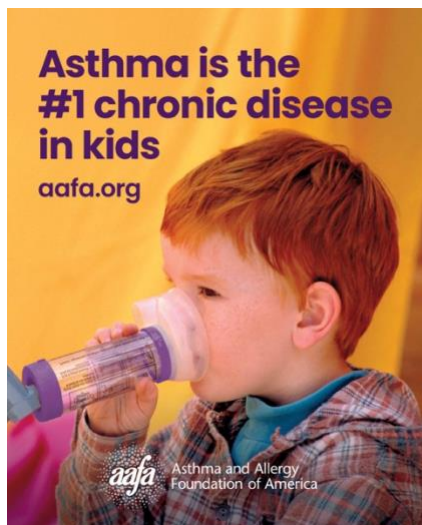
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While there isn't a cure for asthma, it can be managed and controlled.

Steps to better lung health:

1. Avoid or reduce asthma and allergy triggers.
2. Use asthma medicines as prescribed.
3. Follow an asthma action plan.
4. Take care of overall health.

<https://aafa.org/asthma/living-with-asthma/asthma-in-children/>



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Did you know? Many kids are not able to use their asthma inhaler correctly to get the medicine into their lungs. This can lead to worsening asthma.

A spacer or chamber attached to the inhaler helps! (And it helps adults, too.)

<https://aafa.org/asthma/asthma-treatment/>

Find more asthma facts with shareable images:

aafa.org/asthma/asthma-facts/