

Asthma & Pregnancy

Healthy mom and baby

Things to know when you have asthma when expecting

Asthma flare-ups while pregnant may be dangerous to the health of both you and your baby. Poorly controlled asthma can lead to a low birth weight baby or other serious problems.



Create an asthma action plan with your doctor or nurse. This will help those around you know what to do if you have an asthma flare-up.



Don't ignore your asthma and always take your medicine as directed.



Keep away from triggers that you know make your asthma worse. These can include lung irritants like tobacco smoke, car exhaust, or smells from cleaning products or things you are allergic to like pollen, mold, or animals with fur.



Talk with your doctor about getting the flu shot and important vaccines.



Tell your doctor or nurse about any changes in your asthma symptoms during your pregnancy and follow the action plan exactly.

Find out more at
maine.gov/dhhs/asthma

