

ASTHMA

and Sports

FOR ATHLETES

**Five pointers to remember when
you go out for sports:**

1. You can still play sports even with asthma.
2. Tell your coach you have asthma.
3. Show your coach your asthma action plan.
4. Work to stay in shape and warm-up before games or individual events.
5. If recommended by your doctor, use your quick-relief inhaler before your game starts.

**A Message from the Maine Asthma Prevention
and Control Program.**



Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

John E. Baldacci, Governor

Brenda M. Haney, Commissioner

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