

# ASTHMA

## and Sports

### for the **COACHES**

**Six things to remember when  
a player has asthma:**

- 1. Athletes with asthma can participate if their asthma is well managed.**
- 2. Know the warning signs of an asthma flare: coughing, wheezing, shortness of breath, or chest tightness.**
- 3. Request an updated asthma action plan each year.**
- 4. Encourage a warm-up period.**
- 5. Remind those players who need pre-treatment to use their inhaler 15 minutes before playing.**
- 6. If athletes with asthma say they can't keep going, let them stop.**

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. Harvey, Commissioner

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