

CHILDREN'S ENVIRONMENTAL HEALTH IN NEW HAMPSHIRE

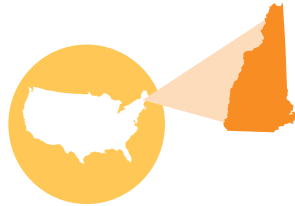
Asthma

What is Asthma?

Asthma is a chronic (long-term) condition that causes swelling in a person's airways, making it harder to breathe.¹ Asthma can make it harder for children to play or perform well in school. Children with asthma may also have to miss school or visit the emergency room or hospital.²



How Common is Asthma in New Hampshire?



Data from 2021 indicates that asthma could be affecting the lives of over 20,000 children in New Hampshire.³



On average, there are over 850 emergency room visits per year for childhood asthma in New Hampshire.⁴






Reducing the impact of asthma for your family



- **Avoid triggers.** Stay away from smoke, mold, and pests like mice.
- **Wash bedding often.** Use hot water and allergen-resistant covers for mattresses and pillows.
- **Clean regularly.** Wipe down surfaces and floors with a wet cloth. Use a high-efficiency particulate air (HEPA) vacuum for carpets and furniture.
- **Keep pets out of bedrooms.** Pet hair and skin can make asthma worse.
- **Monitor symptoms.** Take your medicine as prescribed and know when your asthma is getting worse.
- **Talk to your healthcare provider about a flu shot.** Flu can make asthma worse for children and lead to other health problems like pneumonia.
- **Have an Asthma Action Plan.** Work with your healthcare provider to develop a plan for managing asthma.⁵

Together we can help make life better for children with asthma in New Hampshire!

Resources:

-  **Call:** (603) 271-4501
-  **Email:** Paula.M.Holigan@dhhs.nh.gov
-  **Visit:** [Asthma | New Hampshire Department of Health and Human Services \(nh.gov\)](https://www.nh.gov/asthma)

^{1,2}[Asthma | New Hampshire Department of Health and Human Services \(nh.gov\)](https://www.nh.gov/asthma)

³[NH Data Portal, 2024](https://www.nh.gov/data-portal)

⁴Based on analysis of visits by NH residents to Emergency Departments in NH, MA, and ME in the New Hampshire Uniform Healthcare Facility Discharge Data Set (UHFDDS) from 2017-2021

⁵[Asthma Action Plans | New Hampshire Department of Health and Human Services \(nh.gov\)](https://www.nh.gov/asthma-action-plans)



For more information about children's environmental health, visit: [Children's Environmental Health | New Hampshire Department of Health and Human Services \(nh.gov\)](https://www.nh.gov/childrens-environmental-health)

