



## May 5<sup>th</sup> is not just Cinco de Mayo, it's World Asthma Day!

World Asthma Day (WAD) May 5<sup>th</sup>, 2021, is organized by the Global Initiative for Asthma (GINA) at [www.ginasthma.org](http://www.ginasthma.org), a World Health Organization (WHO) collaborative founded in 1993. WAD is held each May to raise awareness of Asthma worldwide.

WHO recognizes that asthma is of major public health importance. According to WHO, it was estimated that more than 339 million people had Asthma globally and there were 417,918 deaths due to asthma at the global level in 2016.

Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes or exacerbations.

This year's World Asthma Day theme is "Uncovering Asthma Misconceptions". The theme provides a call to action to address common widely held myths and misconceptions concerning asthma that prevent persons with asthma from enjoying optimal benefit from the major advances in the management of this condition.

### Some Common misconceptions surrounding asthma:

- ❌ Asthma is a childhood disease; individuals with grow out of it as they age.
- ❌ Asthma is infectious.
- ❌ Asthma sufferers should not exercise.
- ❌ Asthma is only controllable with high dose steroids.

### The TRUTH about asthma:

- ✓ Asthma can occur at any age (in children, adolescents, adults and elderly)
- ✓ Asthma is not infectious. However, viral respiratory infections (such as common cold and the flu) can cause asthma attacks. Or In children, asthma is frequently associated with allergy, but asthma which starts in adulthood is less often allergic.
- ✓ When asthma is well controlled, asthma subjects are able to exercise and even perform top sports.
- ✓ Asthma is most often controllable with low dose inhaled steroids

[World Asthma Day 2021 - Global Initiative for Asthma - GINA \(ginasthma.org\)](http://www.ginasthma.org)

**Below is a list of resources to help support families of children with asthma in our community.**

**Asthma and Allergy Foundation of America (AAFA)**

31 Days of Action Raising Asthma and Allergy Awareness

[Take Action for Asthma and Allergy Awareness Month | AAFA.org](#)

[Food Allergy Awareness Month & Week](#)

[COVID-19 and Asthma Toolkit for Schools April 2021 \(aafa.org\)](#)

**AAFA, New England Chapter**

[Asthma and Allergy Foundation of America | New England Chapter \(aafa.org\)](#)

**Allergy and Asthma Network**

[Allergy & Asthma Network | Breathe Better Together](#)

[Allergy & Asthma Network 2021 - Bing video](#)

[Asthma, Covid-19, Questions We Need Answered: Black People Like Me Virtual Conference Series | Allergy & Asthma Network](#)

**Kids with Food Allergies: A Division of AAFA**

[Kids With Food Allergies](#)

**AIRNOW.gov**

May 3-7 Air Quality Awareness Week

Asthma and Air Pollution

[Asthma and Outdoor Air Pollution, EPA-452-F-04-002 \(airnow.gov\)](#)