

## Work-Related Asthma

**Asthma:** A chronic lung disease.

**Symptoms:** Coughing, shortness of breath, chest tightness, and sneezing.

Do your symptoms:

- Occur only at work?
- Increase during the work week?
- Improve on week-ends or vacations?
- Improve after change in the work environment?

If you feel you might have work-related asthma, talk with your doctor about:

- When you began having symptoms
- How often you feel the symptoms
- Time of day symptoms are worse
- If you feel better on off-work days

*Asthma can be controlled & managed with medications.*



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