



Ngamari Free

ASTHMA AND SMOKING

Smoking with asthma makes it hard to breathe.

Smoking and second-hand smoke triggers asthma attacks



NORMAL



ASTHMA



ASTHMA
ATTACK

- During an asthma attack, the lining of your airways becomes swollen or inflamed and your mucus becomes thicker.
- An asthma attack is a sudden worsening of asthma symptoms caused by the tightening of muscles around your airways.

Asthma symptoms include a cough, shortness of breathe and wheezing.



For more information about the harms of smoking and quit support,
please call Wheatbelt Aboriginal Health Service and talk to
the No More Ngamari team on (08) 9690 2888.

Get in touch

Address: 65 Wellington Street, Northam 6401

Phone: (08) 9690 2888



MyHealthyWheatbelt



Wheatbelt Aboriginal Health Service

WA Country Health Service

