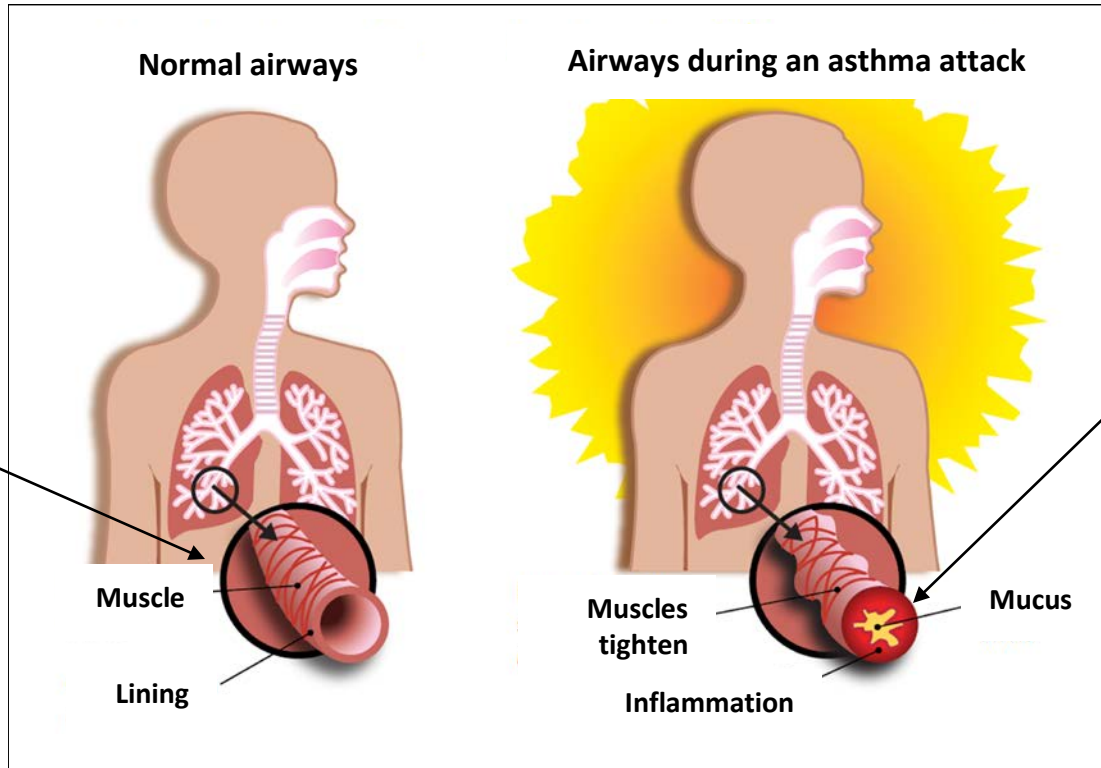


The lungs and asthma

When asthma is under control:
The airways are wide open and it is easy to breathe.



When asthma is NOT under control:

The airways narrow and it becomes harder to breathe.

- Tiny muscles squeeze and tighten around the airways like rubber bands.
- The inside of the airways get swollen.
- The inside of the airways make thick, sticky mucus.

Source: Adapted from [Picture Cards](#) for the manual "A Breath of Live: Asthma Control for my Child." National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.