

Asthma in Virginia

Asthma is a disease that affects your lungs.



Breathing is like sucking from a straw.

It is one of the most common long-term diseases. Asthma causes wheezing, shortness of breath, chest tightness and coughing.

Virginia in 2013

8,646

People hospitalized due to Asthma

\$18,853

Average Asthma Hospitalization Charge

\$163,002,568

Total Asthma Hospitalization Charges

9%

Adults in Virginia with asthma

6%

High schools students visited an ER or Urgent Care because of asthma in the past year

Control Asthma

Asthma cannot be cured, but with the right help, it can be controlled. Get started:



Find a health care provider



Keep a diary to monitor your symptoms



Work with your provider to develop an Asthma Action Plan



Regular medical care will help manage your asthma and can reduce use of the Emergency Room



Identify your environmental triggers

Know Your Asthma Triggers

Reduce exposure to environmental asthma triggers:



MOLD



DUST MITES



ANIMAL DANDER



SECONDHAND SMOKE



COCKROACH DROPPINGS

Resources

Virginia Asthma Coalition Resources for Adults and Children



Virginia City/County Adult Asthma Hospitalization Data

