

My lungs might need help if I'm
**COUGHING OR
SHORT OF BREATH**
and it's hard to run, play, and sleep.



If you notice that you are coughing, wheezing, or breathing hard and it doesn't seem to get any better, talk to your family since breathing problems can be serious.

Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.

