

## What about letting my child play outside or in sports?

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**Asthma should not prevent your child from playing outside or in sports like baseball or soccer. The asthma medications help keep your child's asthma under control so that normal exercise should not be a problem. You should ask your doctor about giving quick relief medicine before active play.**

Your child may have asthma, but he/she needs to play, just like other children!



**Playground**

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