

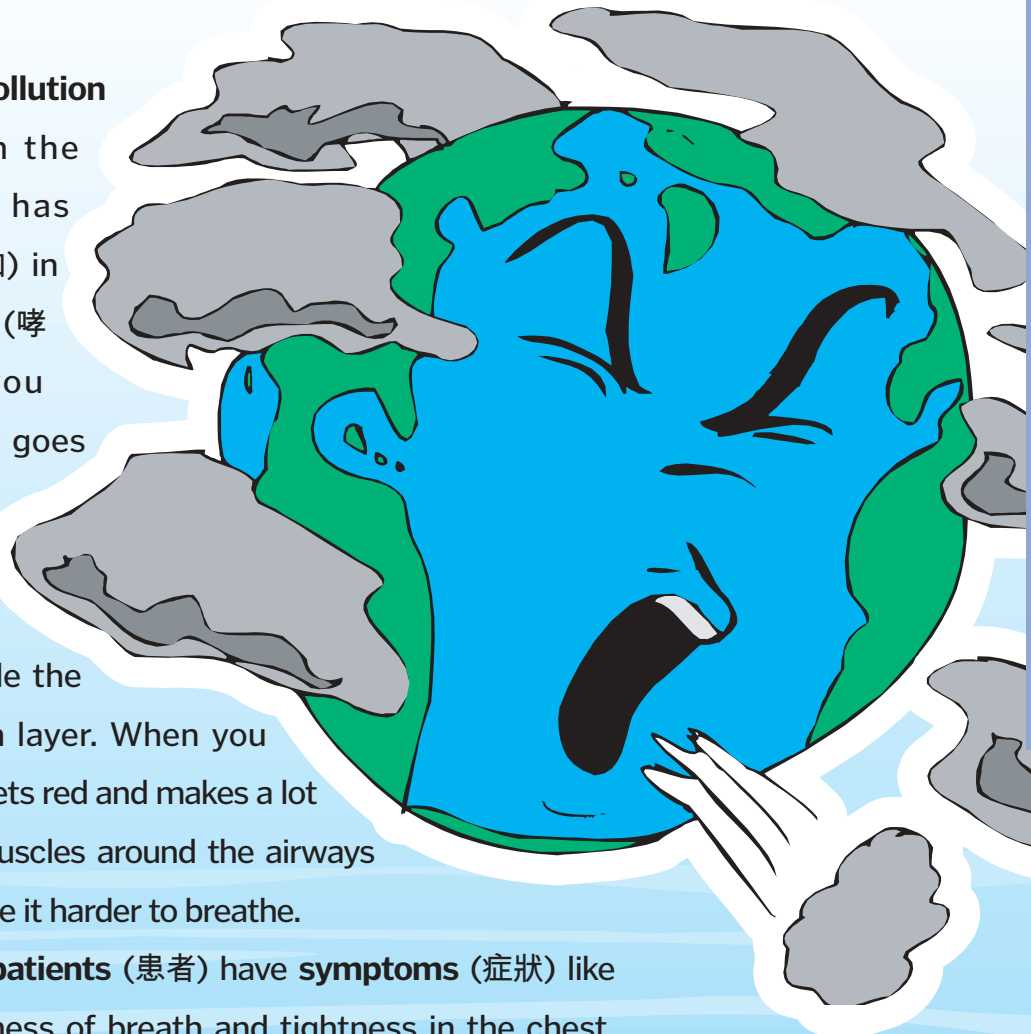


Asthma

Due to the high **pollution** (污染) level in the world, there has been an **increase** (增加) in the number of **asthma** (哮喘) patients. When you **breathe** (呼吸), the air goes through tubes called **airways** (氣道).

Airways have muscles around them. Inside the airways, there is a thin layer. When you have asthma, the layer gets red and makes a lot of **mucus** (黏液). The muscles around the airways get tighter. These all make it harder to breathe.

This is why asthma **patients** (患者) have **symptoms** (症狀) like **coughing** (咳嗽), shortness of breath and tightness in the chest. Around 6.2 percent of Hong Kong's **population** (人口) have asthma.



You can save our air!

- Recycle paper, plastic, glass bottles and aluminium cans.
- Reuse materials like paper bags and boxes.
- Use public transportation.
- Don't use air conditioning when it's unnecessary.
- Choose recycled products.
- Turn off the lights when you leave a room.
- Use both sides of paper.
- Be more aware of air pollution!

The highlighted words in the article are hidden in the box below. Circle them.

P	P	A	E	T	R	B	Q	C	I	S	U	H
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Answers

Text: Clara