

BREATHING EASY WITH ASTHMA



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HEALTHCARE

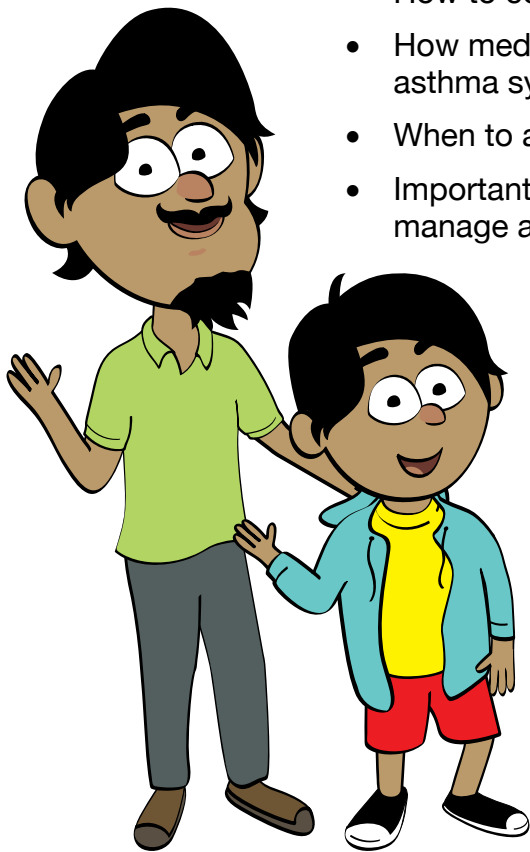


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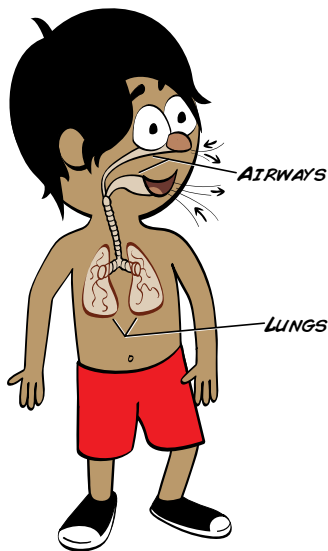
BREATHE EASY WITH ASTHMA

Parents and caregivers, use this booklet as a guide to help your child learn about asthma. This booklet includes fun activities that you and your child can do together to help you learn more about:

- How to control asthma
- How medicine can help control asthma symptoms
- When to ask for help
- Important daily things to do to manage asthma



MY GUIDE TO BREATHING BETTER WITH ASTHMA



What happens when someone has asthma?

Having asthma sometimes makes it hard to breathe. This happens when you breathe something that bothers your airways.

Can I still do the same things others do?

Yes. With the help of your healthcare provider, you can still do all the same fun things others do.



What do I need to do to breathe better with asthma? Take your asthma medicine to avoid having an attack. Make sure to get regular asthma checkups with your provider.



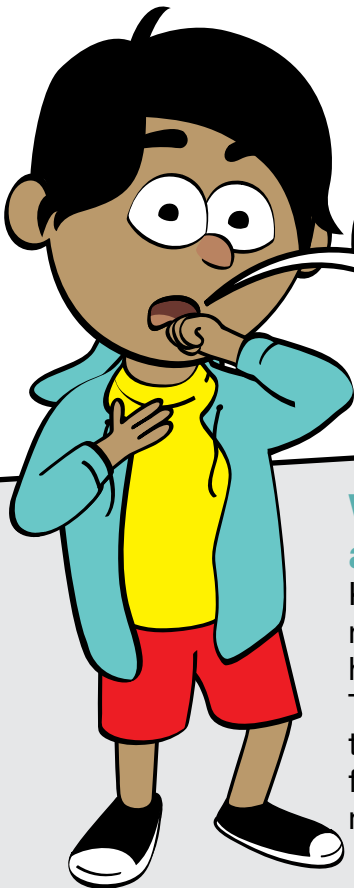
What is an asthma attack? An asthma attack is when you can't breathe very well.



How do I know I'm having an asthma attack?

The signs include:

- ✓ Coughing
- ✓ Wheezing
- ✓ Pain in your chest
- ✓ Trouble breathing



*COUGH . . . COUGH
WHEEEZE . . .
WWWHEEZE!*

What do I need to do to avoid having an attack?

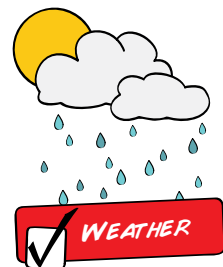
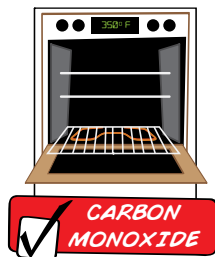
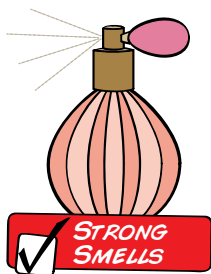
Keep a list of things you noticed make it hard to breathe. These are called triggers. Stay away from triggers as much as you can.

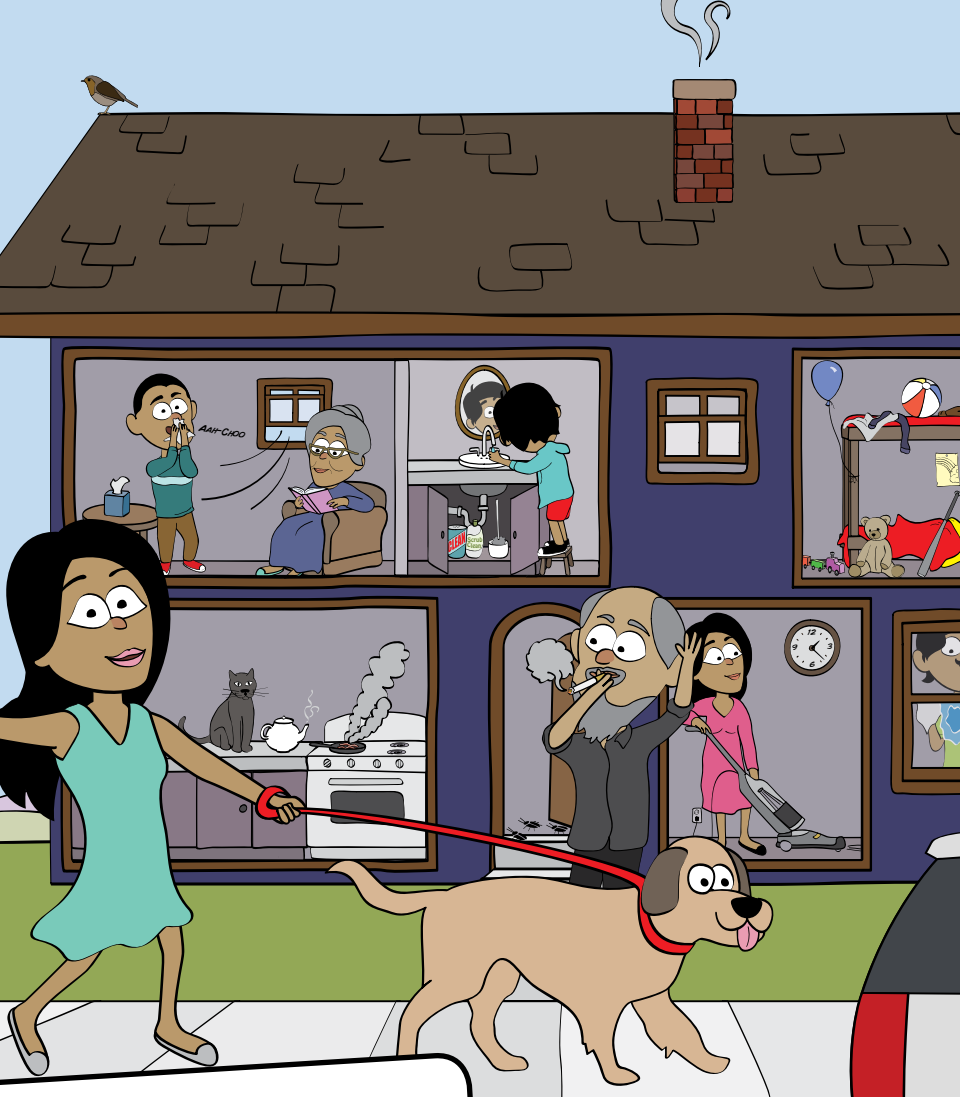


What do I need to do if I am having trouble breathing? Don't be afraid. Find an adult and tell them you are not breathing well. They will tell you which medicine to take. They may also need to take you to see your provider.



What things make it hard to breathe? There are things around you that can make it hard to breathe. These things are called triggers. These can be things like:



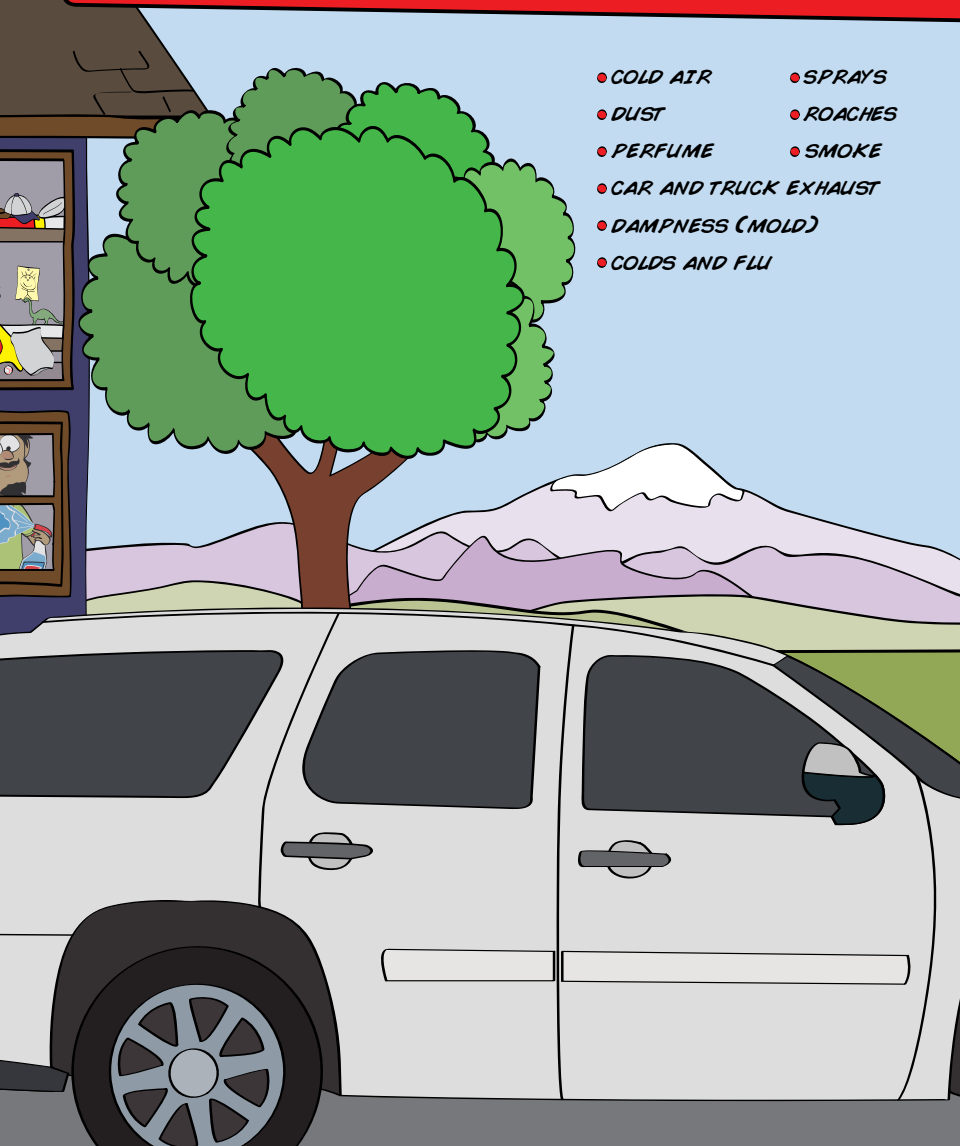


Parents: Everyone has different triggers. If your child has asthma, help them identify their asthma triggers. The ones listed here are the most common.

FIND YOUR TRIGGERS

CIRCLE ALL YOUR TRIGGERS IN THIS PICTURE.

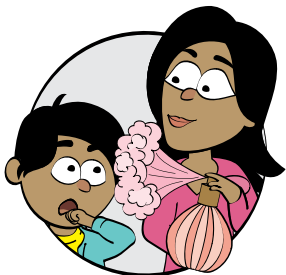
- COLD AIR
- SPRAYS
- DUST
- ROACHES
- PERFUME
- SMOKE
- CAR AND TRUCK EXHAUST
- DAMPNESS (MOLD)
- COLDS AND FLU



AVOIDING TRIGGERS

Circle what you should do to avoid the trigger.

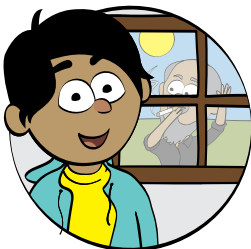
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or



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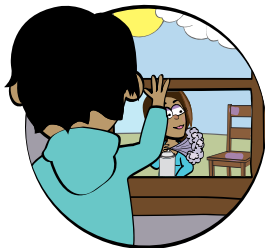
or



3












or




Parents: Please use this activity to help your child learn ways to avoid triggers.

TAKING THE RIGHT ASTHMA MEDICINE?

David and his  came back from his  appointment with more asthma . David ran to his room to get his asthma  stickers ( & ). He sat down with his  and labeled all his  with the correct sticker.

David put a  sticker on the  he takes every day. This  helps him breathe easy. He put a  on the  he takes when he is not breathing well. His  has a special place for all of David's asthma medicine. When his  is not around, David can tell other adults where to find his  just in case he needs it.

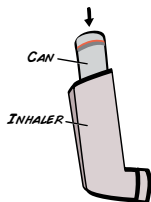
David loves to visit his  because he learns to take care of his asthma. David knows that taking care of his asthma means enjoying the same activities that his friends enjoy.



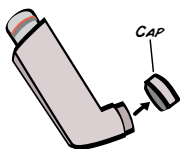
USING YOUR MEDICINE

Make sure to follow all the steps listed below when you take your medicine. Make sure an adult is with you when taking your medicine.

1. Put the can in the inhaler.



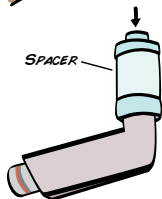
2. Take the inhaler cap off.



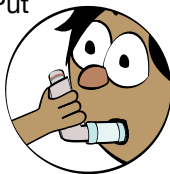
3. Shake the inhaler for about 5 seconds.



4. Put the inhaler into the spacer.



5. Breathe out. Put the spacer in your mouth & put your lips around the mouth piece.



6. Push the top of the inhaler and breathe in slowly for 3-5 seconds.



7. Hold your breath as you count to 10 slowly. Breathe out.



8. After using your inhaler, rinse your mouth, gargle and spit out.



Sometimes you may need to take your medicine a different way. Your provider will let you know.

Parents: These instructions are for taking medicine with an inhaler. Talk to your provider if your child has to take a different medicine.

ASTHMA ACTION PLAN

An asthma action plan tells you what you need to do to control your asthma. It tells you what kind of medicine to take and when to take it. It also tells you what to do in an emergency.

Do you know the plan? An asthma action plan has three colors.

Green Zone:

Doing Well

= safe or you feel good



Yellow Zone:

Asthma is Getting Worse

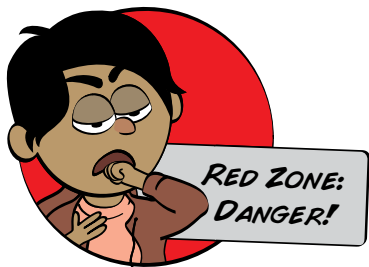
= warning or not so good days



Red Zone:

Asthma is Really Bad

= Danger! It is hard to breathe.
Get help right away!



Your provider will tell you what you need to do when you are in the different colors of the asthma action plan. If you do not have an action plan, your provider can help. You will need a peak flow meter to follow your asthma action plan. A peak flow meter tells you how well you are breathing.

HOW DAVID TAKES CARE OF HIS ASTHMA



Asthma can be well controlled. Be sure to take your medicine as prescribed by your provider. Remember, if your asthma is in good control, you can do most everything other kids can do.



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