

LEARNING ABOUT ASTHMA WITH THE

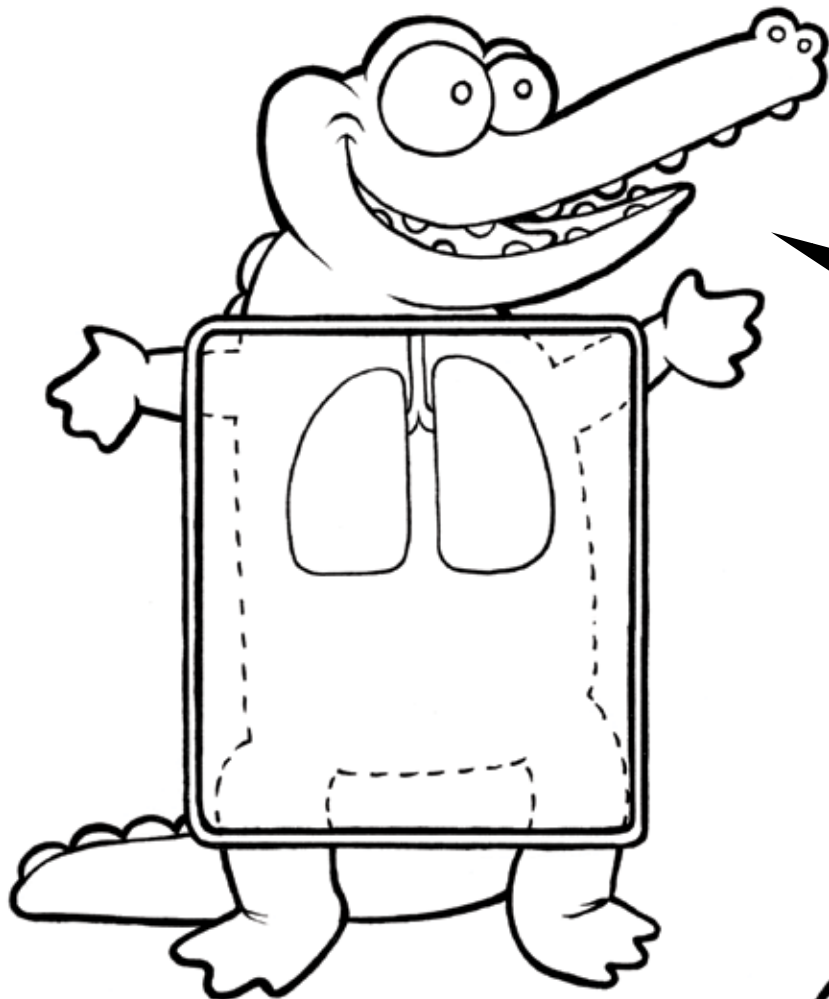
ASTHMAGATORS



COLORING AND ACTIVITY BOOK

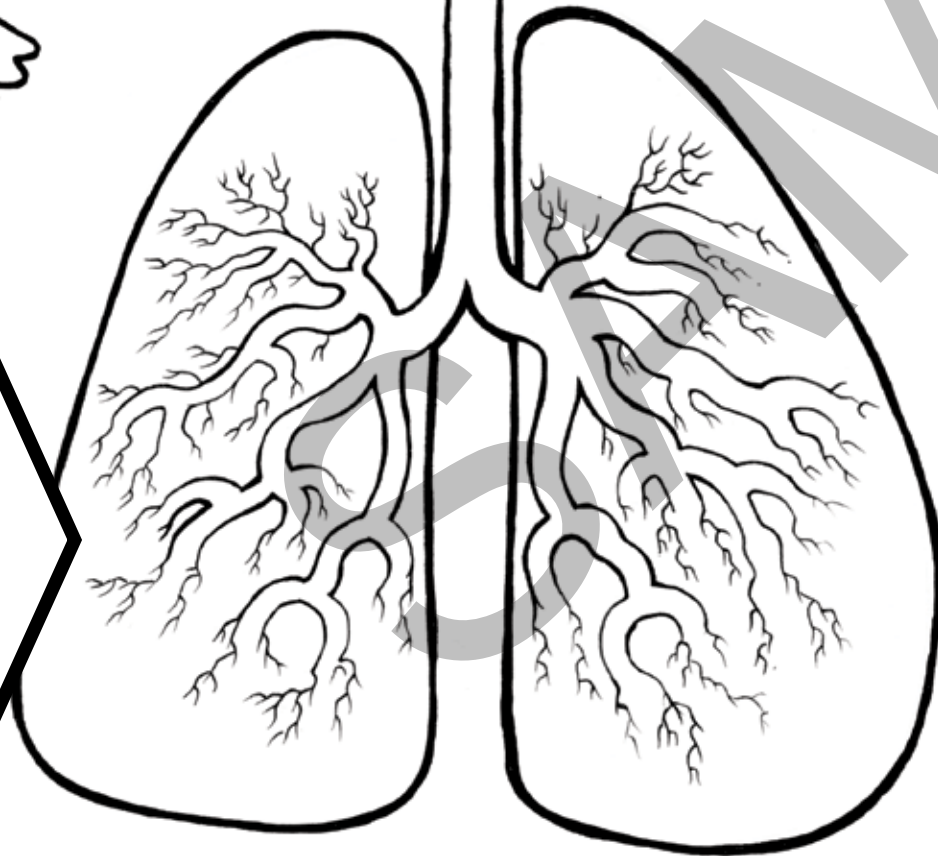
Hi! I'm Andy the
Asthma Gator and I'm
here to teach you all
about asthma.





Asthma is a kind of sickness that some people get in their lungs.

If you have asthma, the tubes that take air to your lungs sometimes get tight, and it's hard to breathe.



If you're having trouble breathing, it could be an **asthma attack**.

These are the signs of an asthma attack:



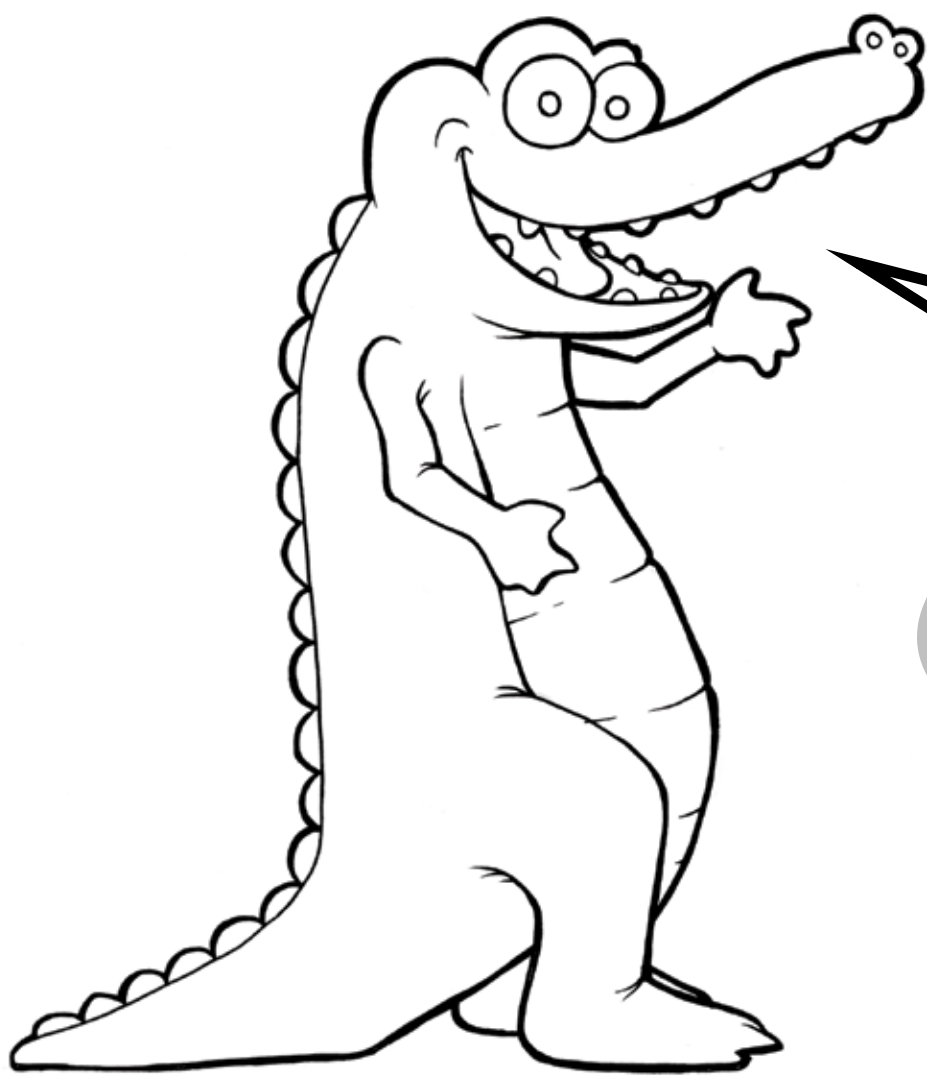
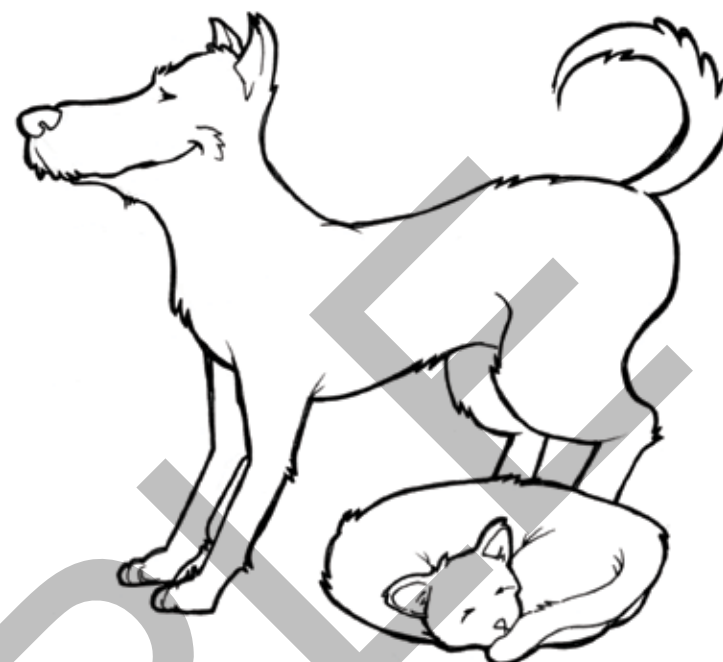
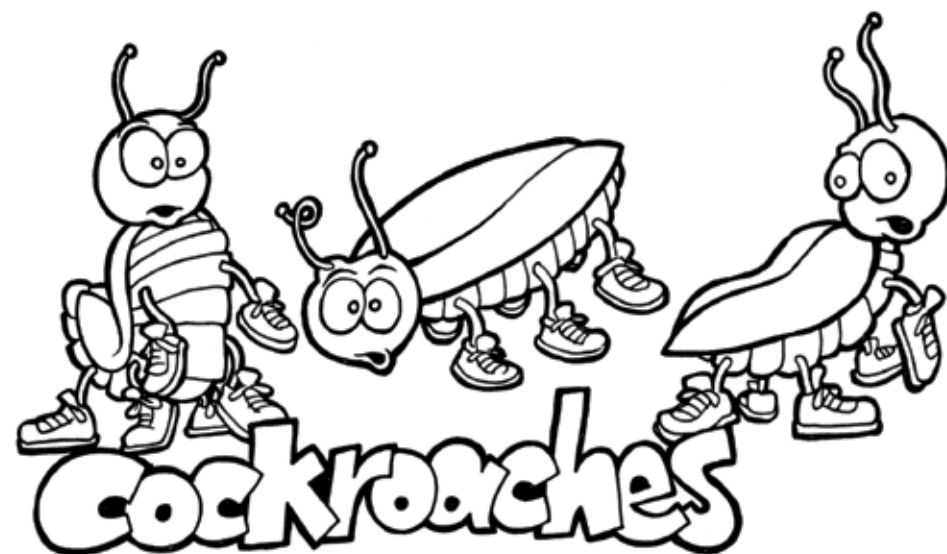
Coughing



Wheezing

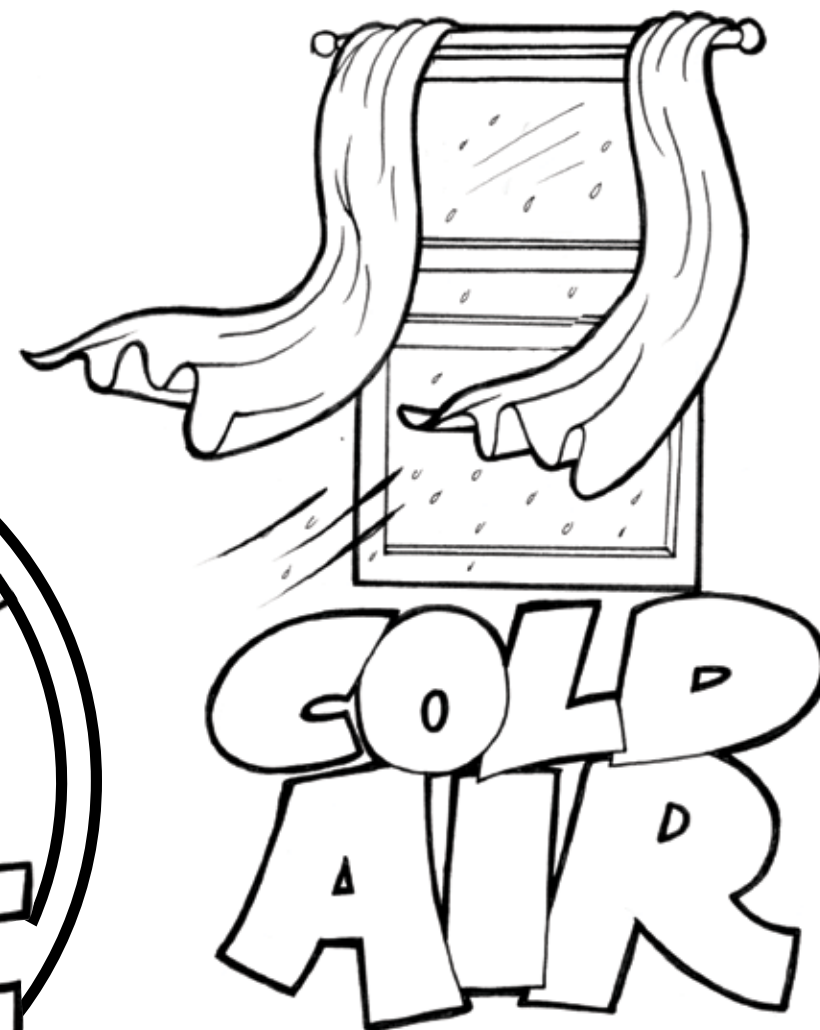


Shortness of breath

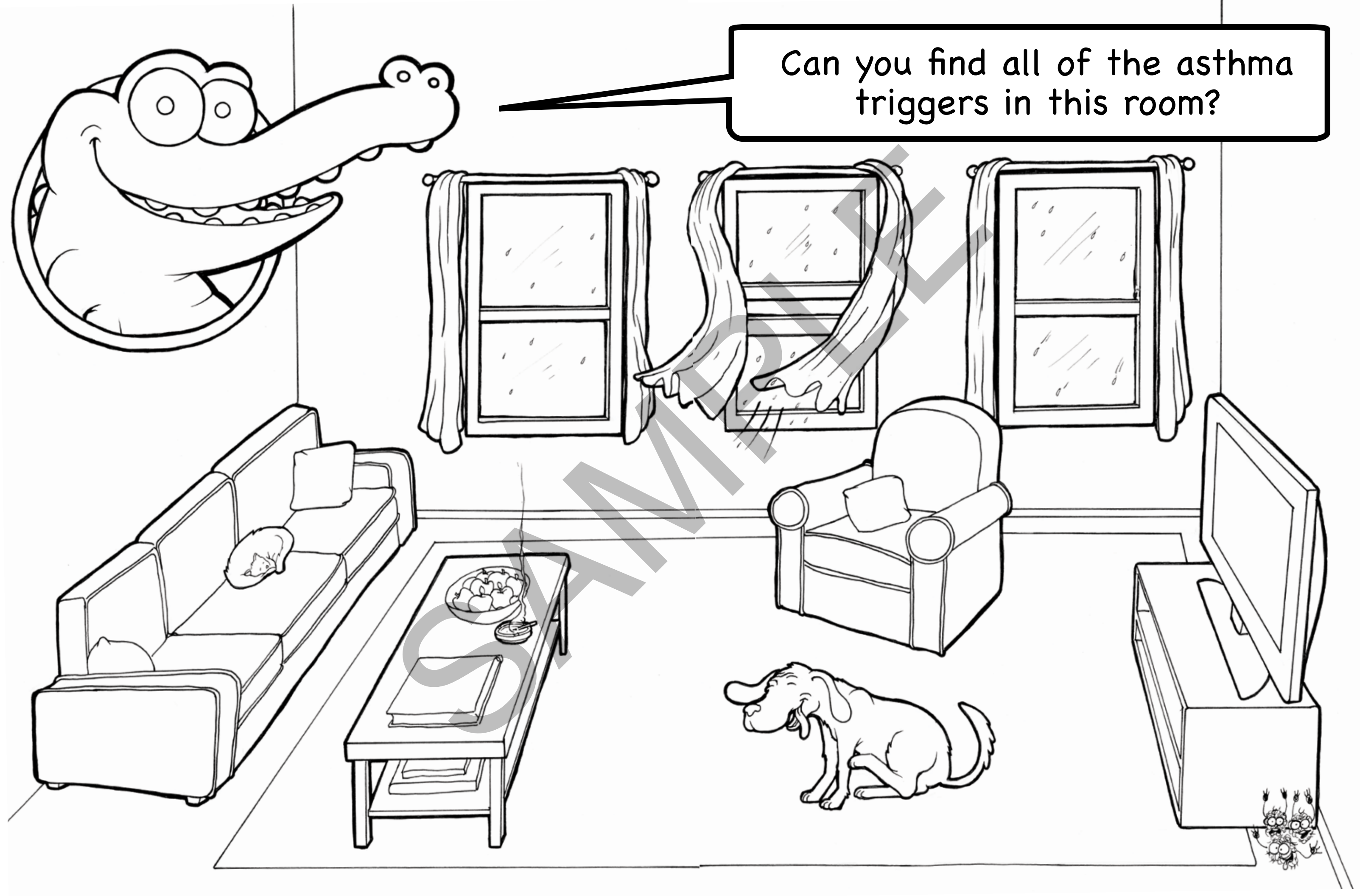


Things that make your asthma flare up are called asthma triggers.

Here are some examples of asthma triggers that might be in or around your house.



Can you find all of the asthma triggers in this room?



Pet dander is an asthma trigger that comes from animals with fur, hair, or feathers.

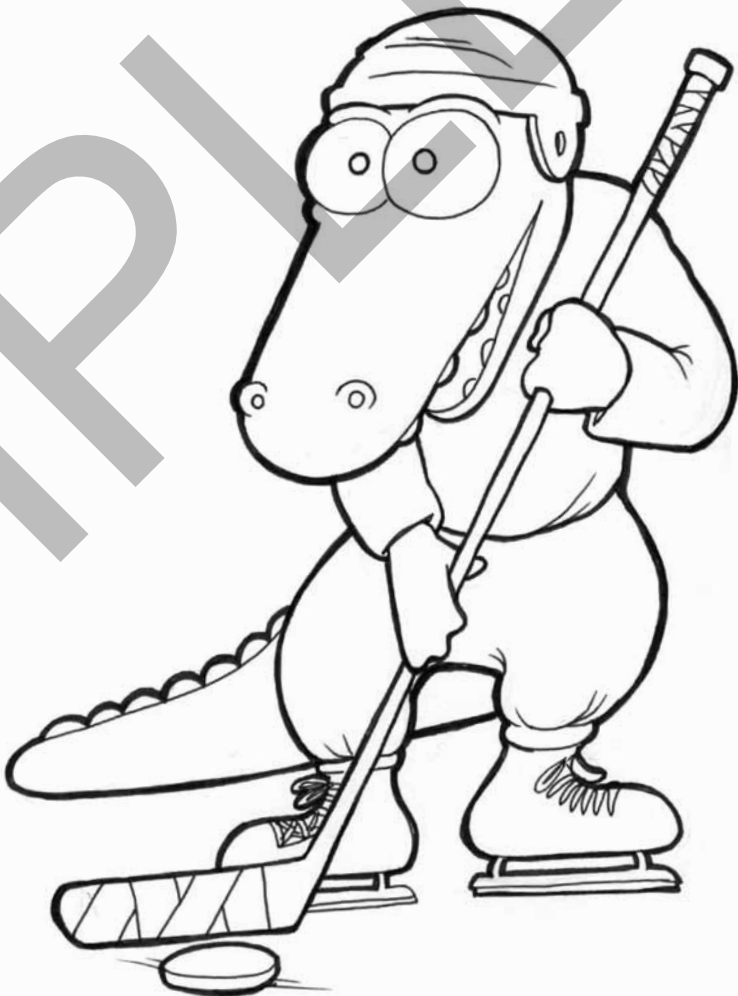
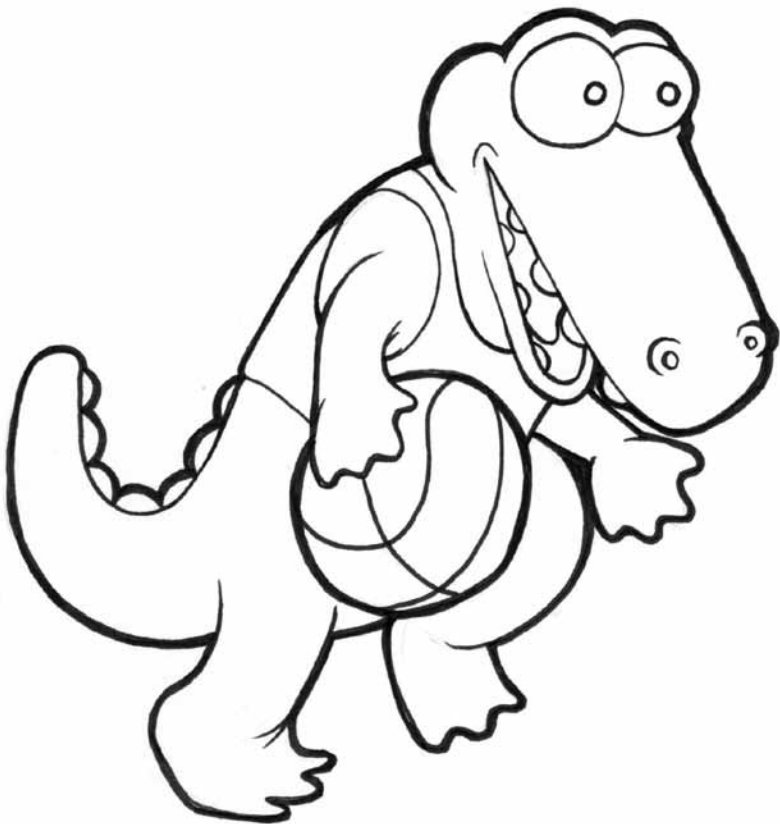
Do you know which of these pets are asthma triggers?





Playing sports is a lot of fun, but sometimes playing or exercising a lot can trigger an asthma attack.

Go easy at first. If you feel out of breath, take a break.



Always take your rescue inhaler with you.

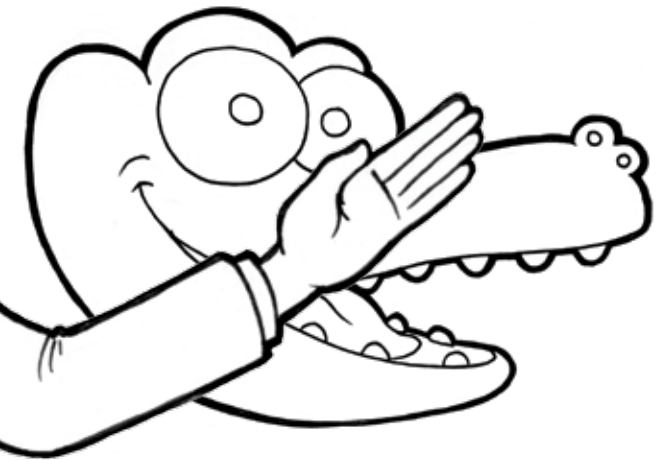


Your doctor will talk to you about asthma and make a plan that's just for you. This will help you to:

- Have fewer attacks
- Sleep better
- Cough less
- Play more sports



Your Asthma Plan



- ☐ Know and avoid asthma triggers
- ☐ Take your medications according to your doctor's instructions
- ☐ Know what to do during an asthma attack
- ☐ Keep emergency phone numbers handy



Your doctor may prescribe different asthma medications, which are a very important part of keeping your asthma under control.

He may prescribe pills or an inhaler.

There are a few different kinds of inhalers that your doctor might prescribe for you.

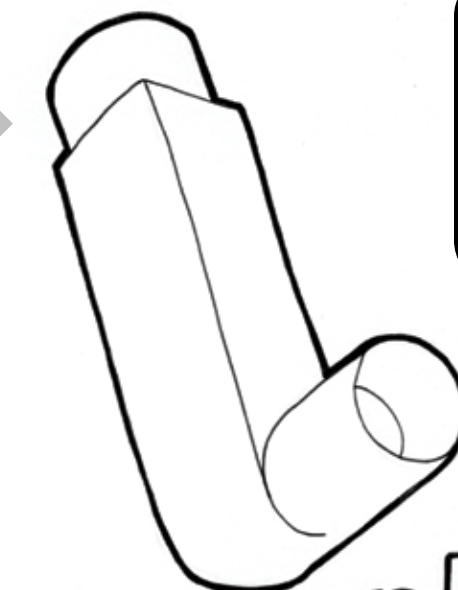
Rescue inhalers make it easier to breathe when you have an asthma attack.

Rescue



Another type of controller is called a dual-action inhaler.

Control inhalers make you have asthma attacks less often.



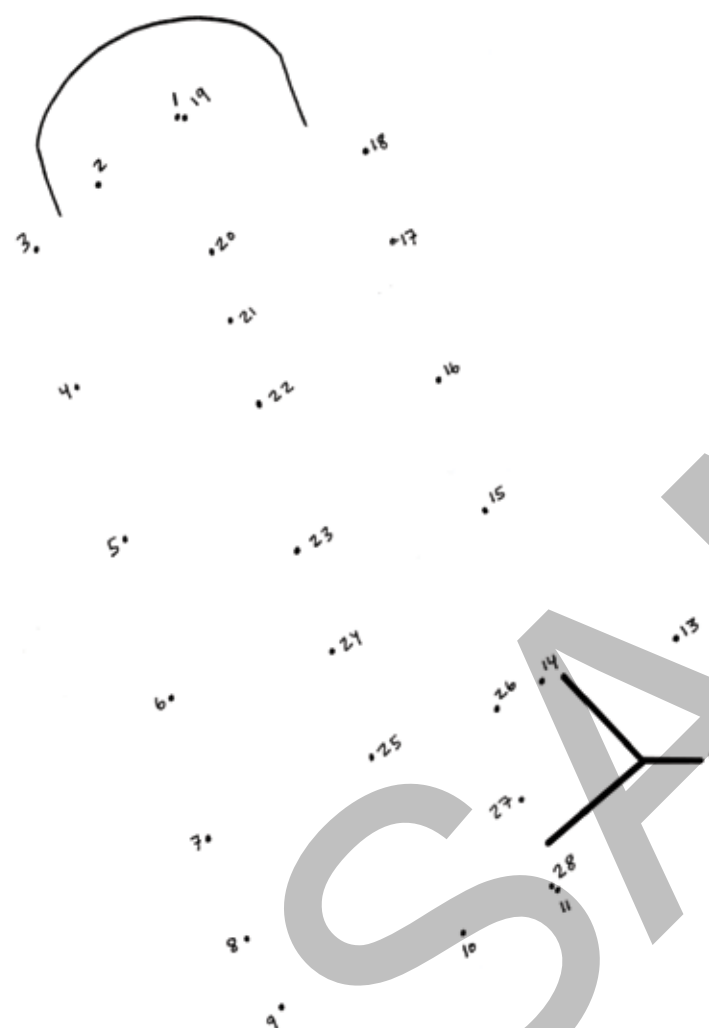
controller



Dual-Action

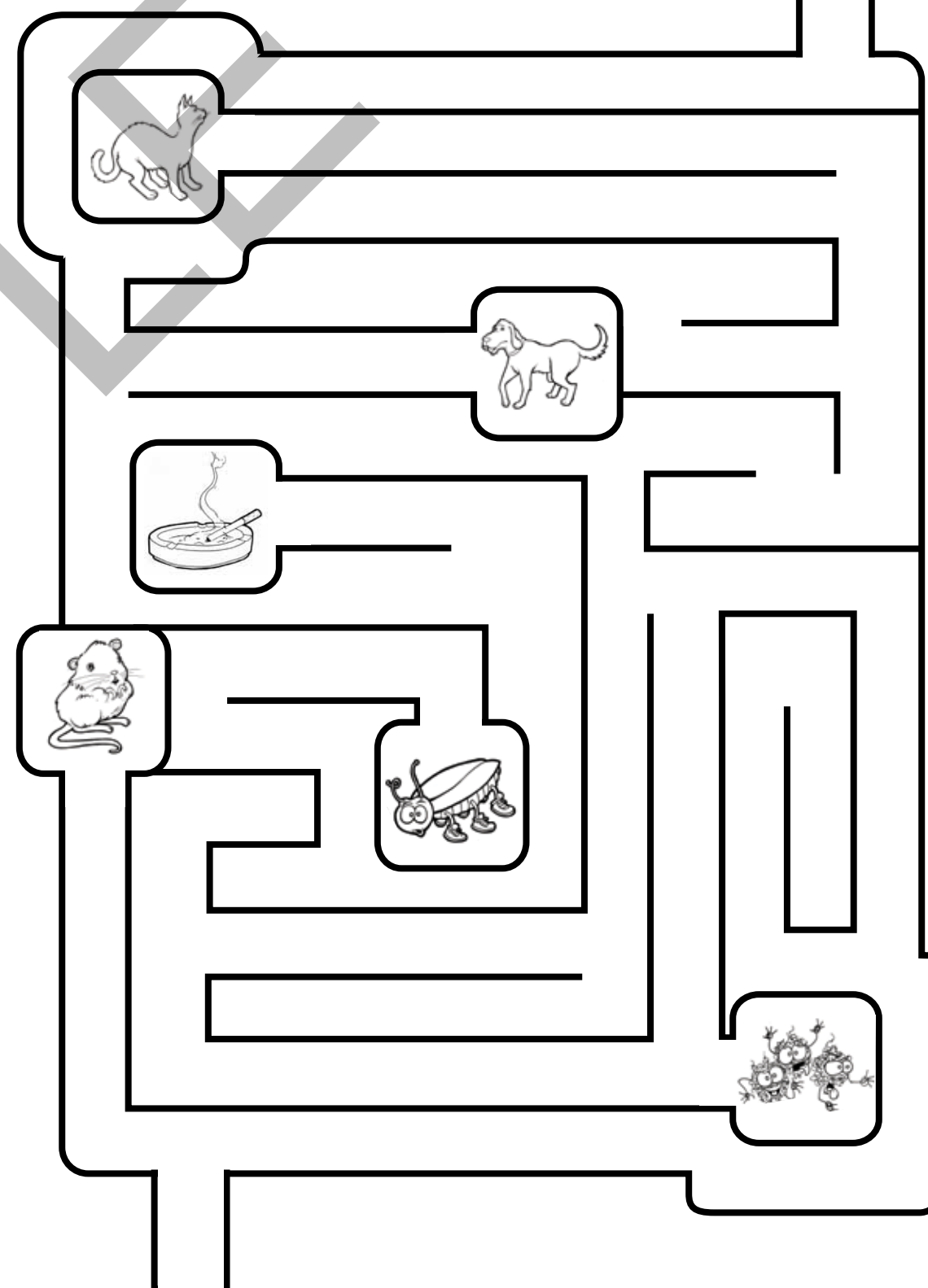
Always follow your doctor's instructions about your asthma medications.

Here's something that could help you if you have an asthma attack. Connect the dots to find out what it is!



Can you get through this maze by avoiding all of the asthma triggers?

Finish



Start

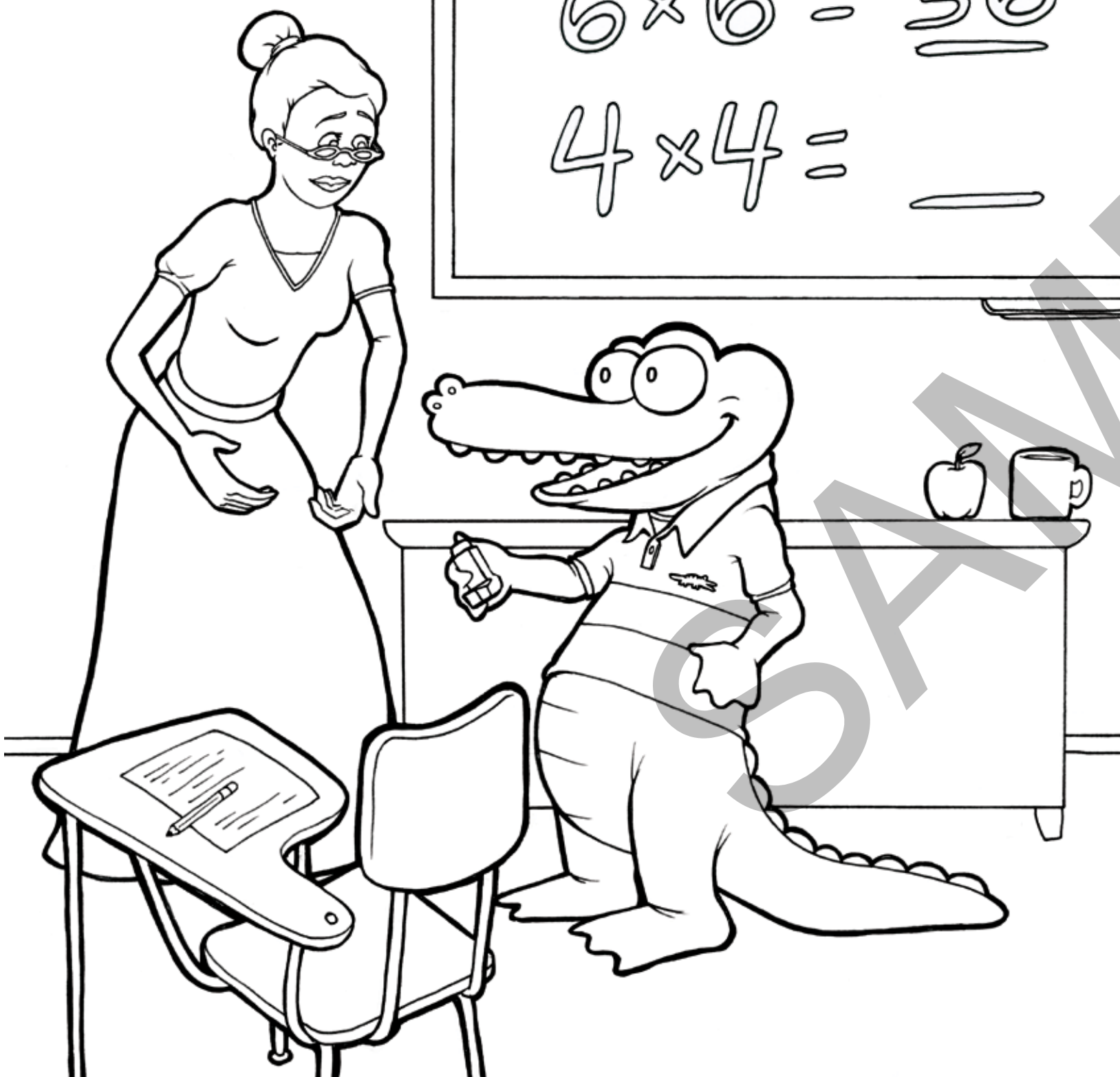
Make sure to talk to your teachers in school about your asthma and your medications.

$$2 \times 12 = \underline{24}$$

$$6 \times 6 = \underline{36}$$

$$4 \times 4 = \underline{\quad}$$

Talk to your counselors at camp about your asthma, too!



Can you draw lungs onto this x-ray?



SAMPLE

For information about Keys to a Healthy Home Outreach Materials
go to www.keystoahealthyhome.com

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