BE "A"-OK! WITH ASTHMA!

ARKANSAS FOUNDATION FOR MEDICAL CARE
ARKANSAS DEPARTMENT OF HUMAN SERVICES, DIVISION OF MEDICAL SERVICES

BE "A"-OK! WITH ASTHMA!

Note to Parents:

Did you know that asthma is the fastest growing health problem among children in the United States? Spotting asthma can be tricky. Parents often think their child's asthma is actually some other illness with similar symptoms. If your child repeatedly coughs, wheezes, feels dizzy or experiences trouble breathing, shortness of breath, or tightness in chest, he or she may have asthma.

Asthma does not go away, but its symptoms can.
Your doctor should set up a treatment plan specially designed for your child's asthma.
Stick to the plan every day, even if your child feels fine.
Asthma does not have to slow your child down.

This book is designed to help children understand asthma — what it is and how to control it.
Even if your children do not have asthma, they likely have friends who do.
This book will help them see that kids with asthma are just like everyone else.
With proper treatment, they can live happy, healthy, and active lives.

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ARKANSAS DEPARTMENT OF HUMAN SERVICES

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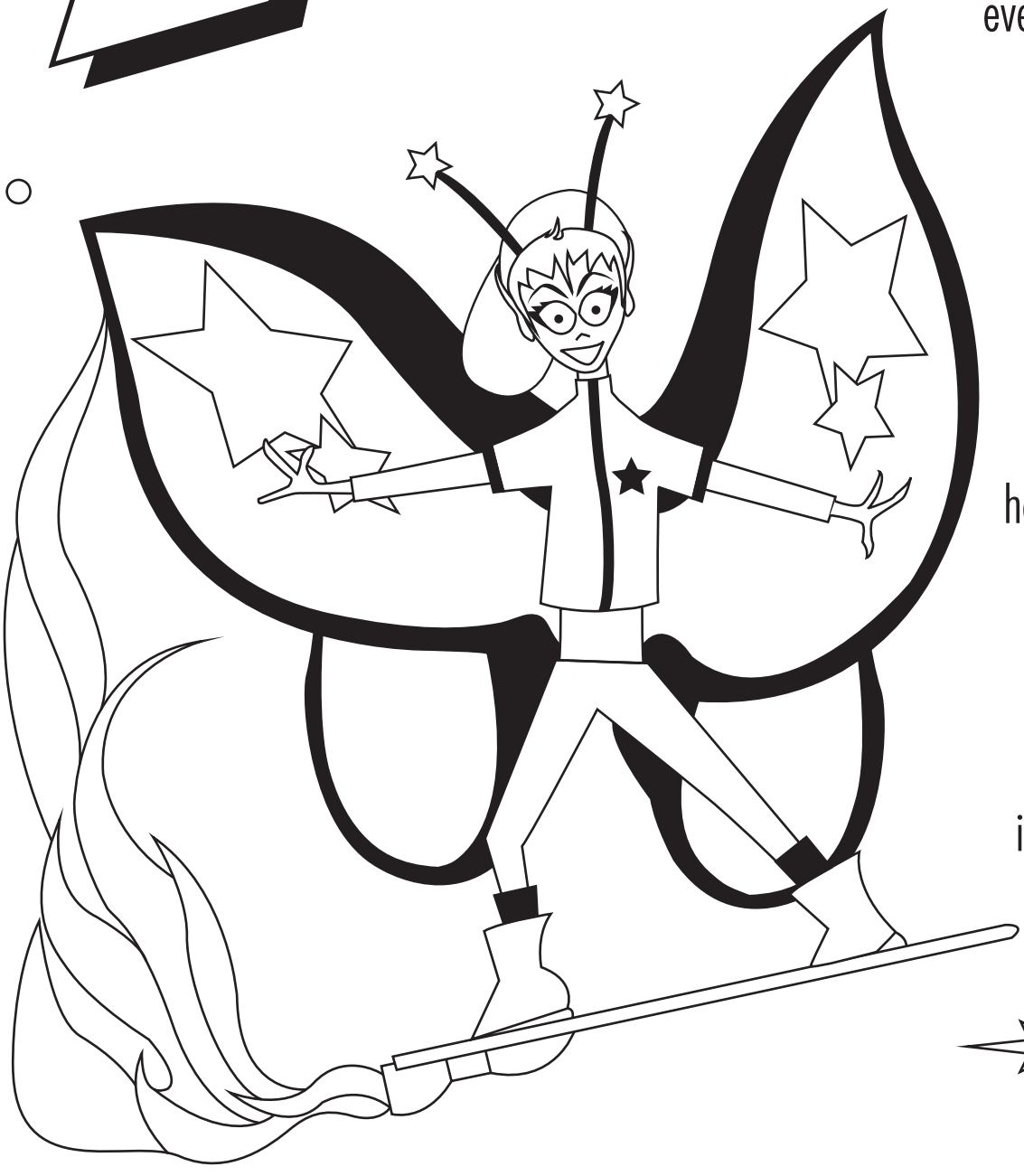
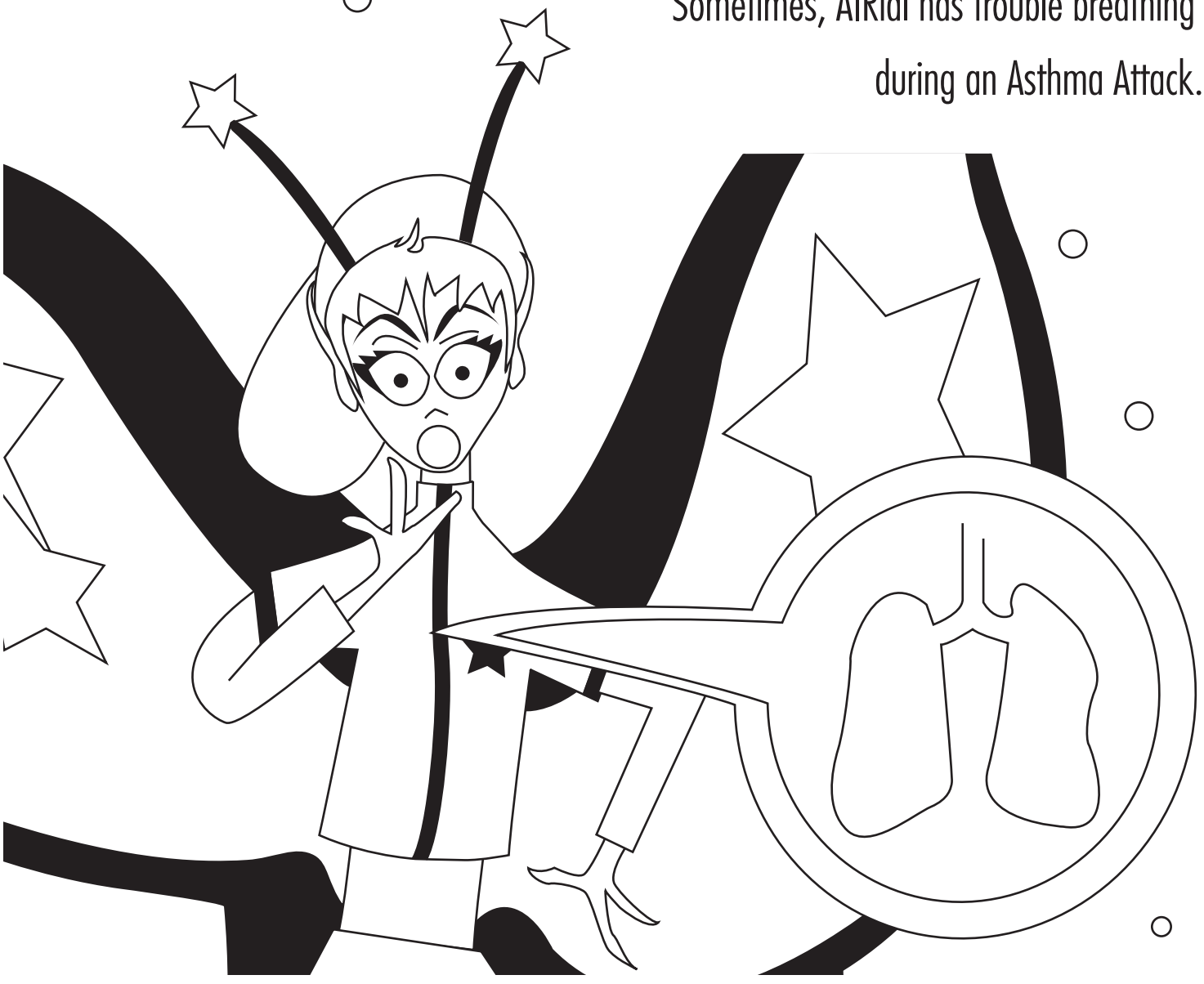
A is for ASTHMA!

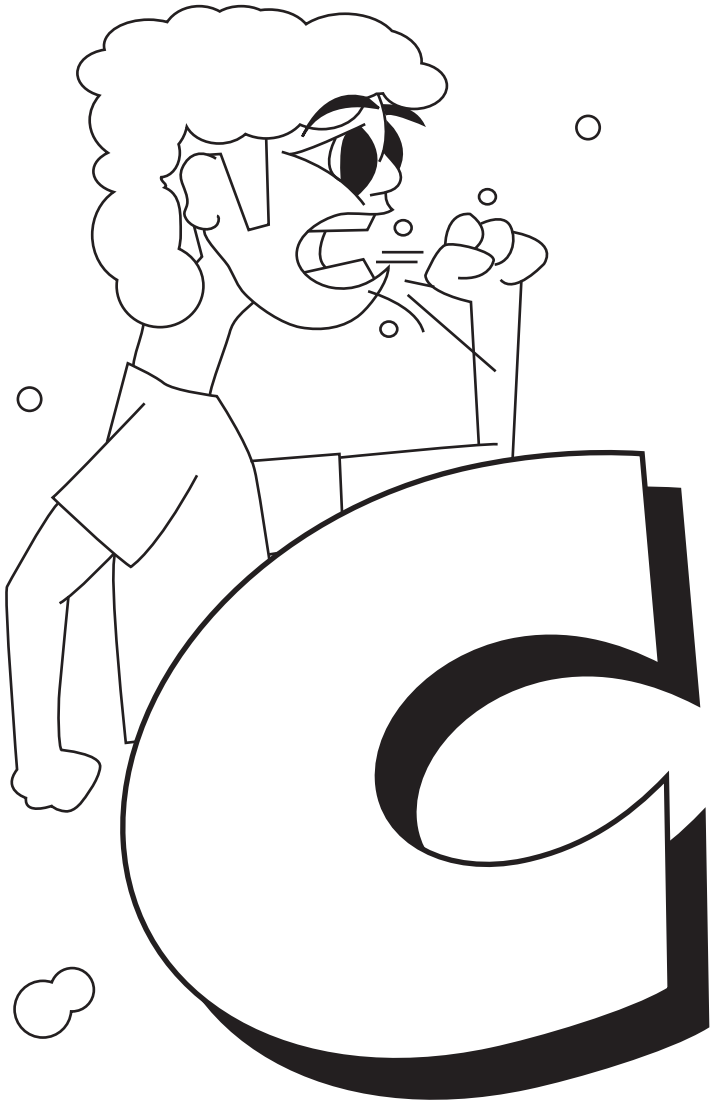


AIRial has a problem in her lungs called Asthma. This means AIRial must take special care every day to stay healthy. Sometimes AIRial has "Asthma Attacks" that make it hard to breathe. But AIRial can control her Asthma and prevent Asthma Attacks. AIRial's good friend Oxygen Man is going to tell you and AIRial more about Asthma.

B B is for BREATHE!

Everyone breathes. I bet you're doing it right now, and you don't even know it! We breathe air into our lungs then out. Sometimes, AIRial has trouble breathing during an Asthma Attack.





C is for COUGH!

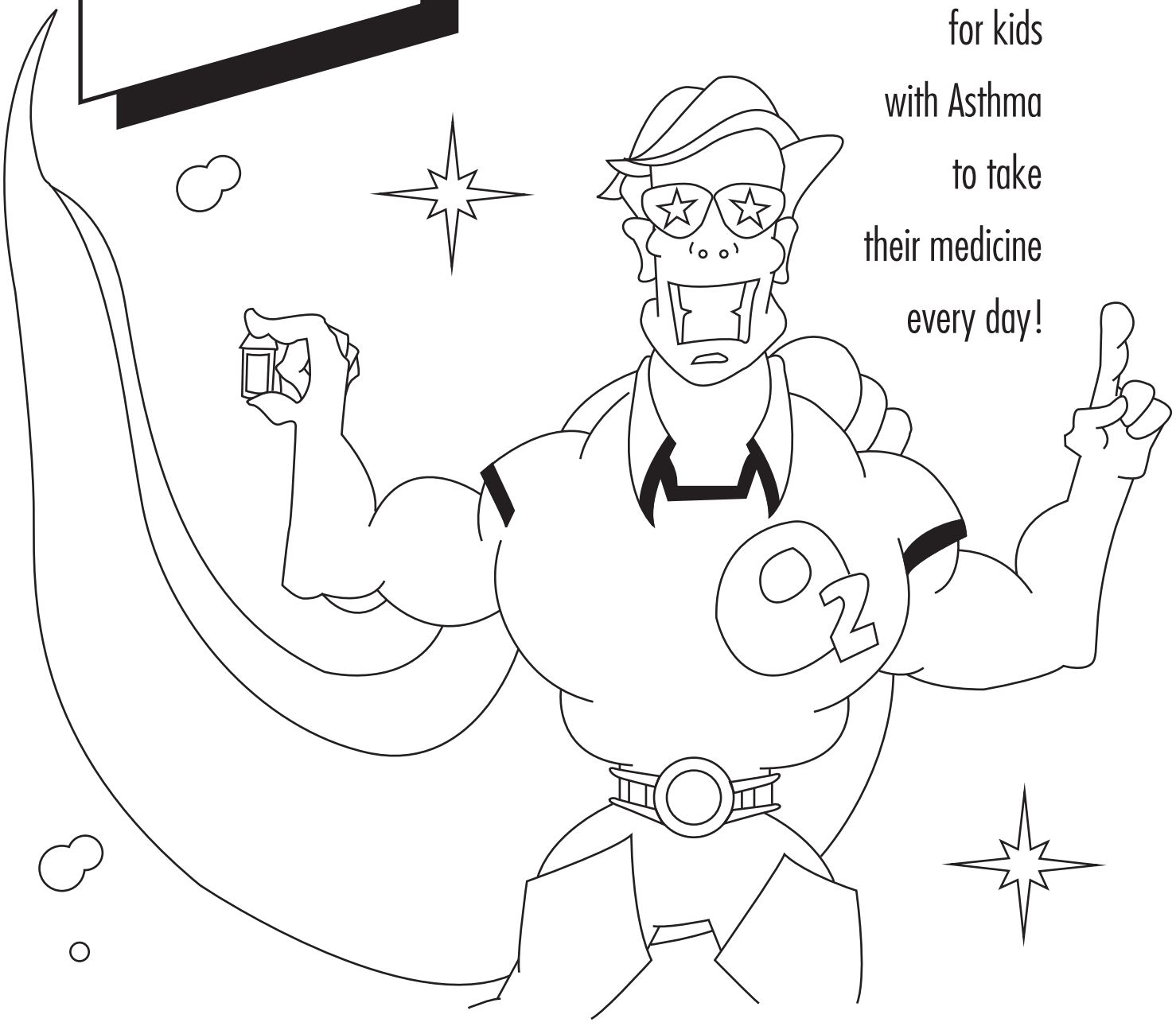
Sometimes,
kids with Asthma
cough because
it is hard to breathe.

D is for DUST!

Dust can cause
AIRial to cough
and have trouble breathing,
unless Oxygen Man
blows it all away!

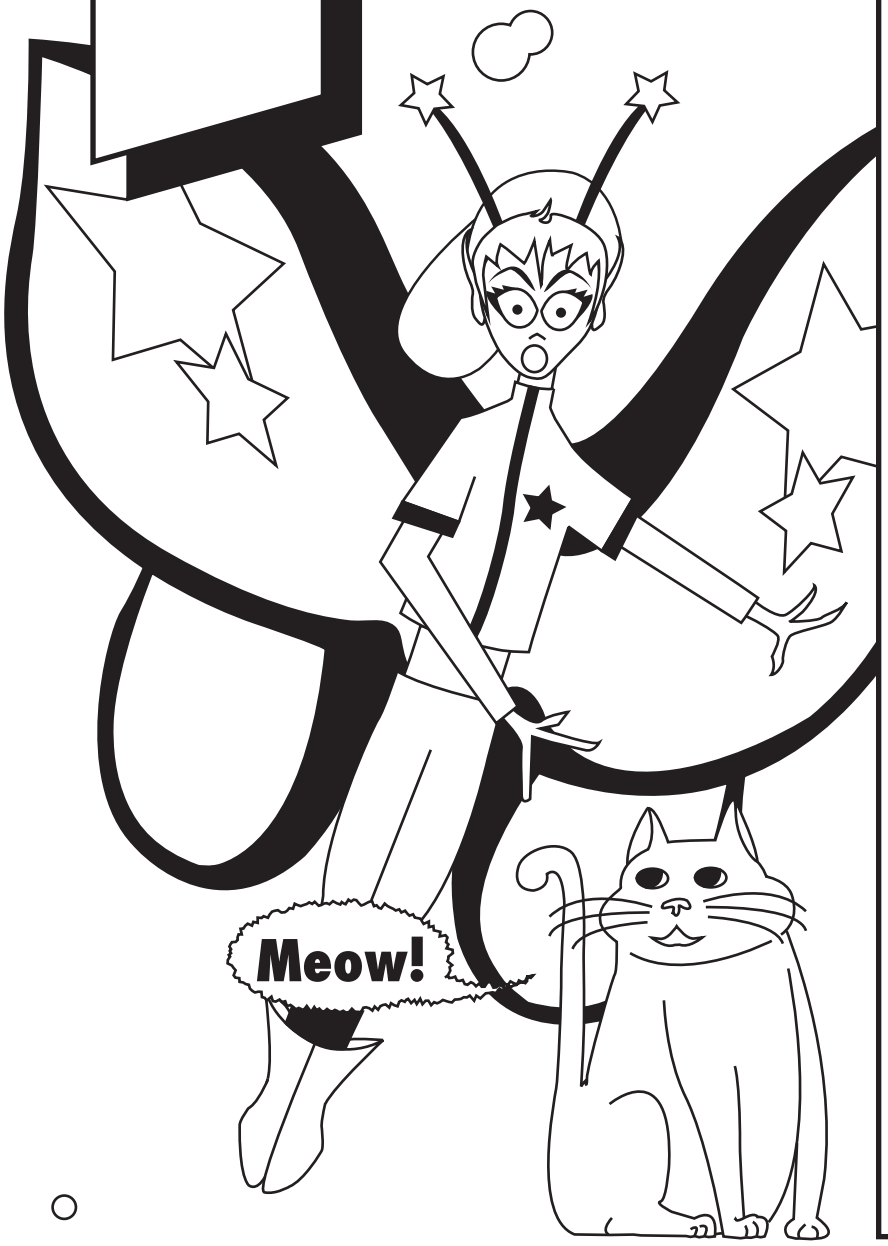
E is for EVERYDAY!

It is important for kids with Asthma to take their medicine every day!



F is for FUR!

AIRial has a hard time breathing around furry animals. If you have a furry pet like a dog or a cat, and you have Asthma, keep your pets outside!



MAKE A PET ROCK

Although children with Asthma sometimes can't have furry pets, they can still pretend. Here's a fun activity any kid can do.

What you'll need:

- ☐ A smooth rock, about the size of the palm of your hand
- ☐ Crayons
- ☐ Aluminum foil
- ☐ A cookie sheet
- ☐ A piece of cloth

1. Wash and dry your rock.

2. Take your crayons and draw an animal's face on your rock. You can make any animal you want — a dog, a cat, a monkey, a fish, or even an elephant! The more colorful you make your pet, the better!

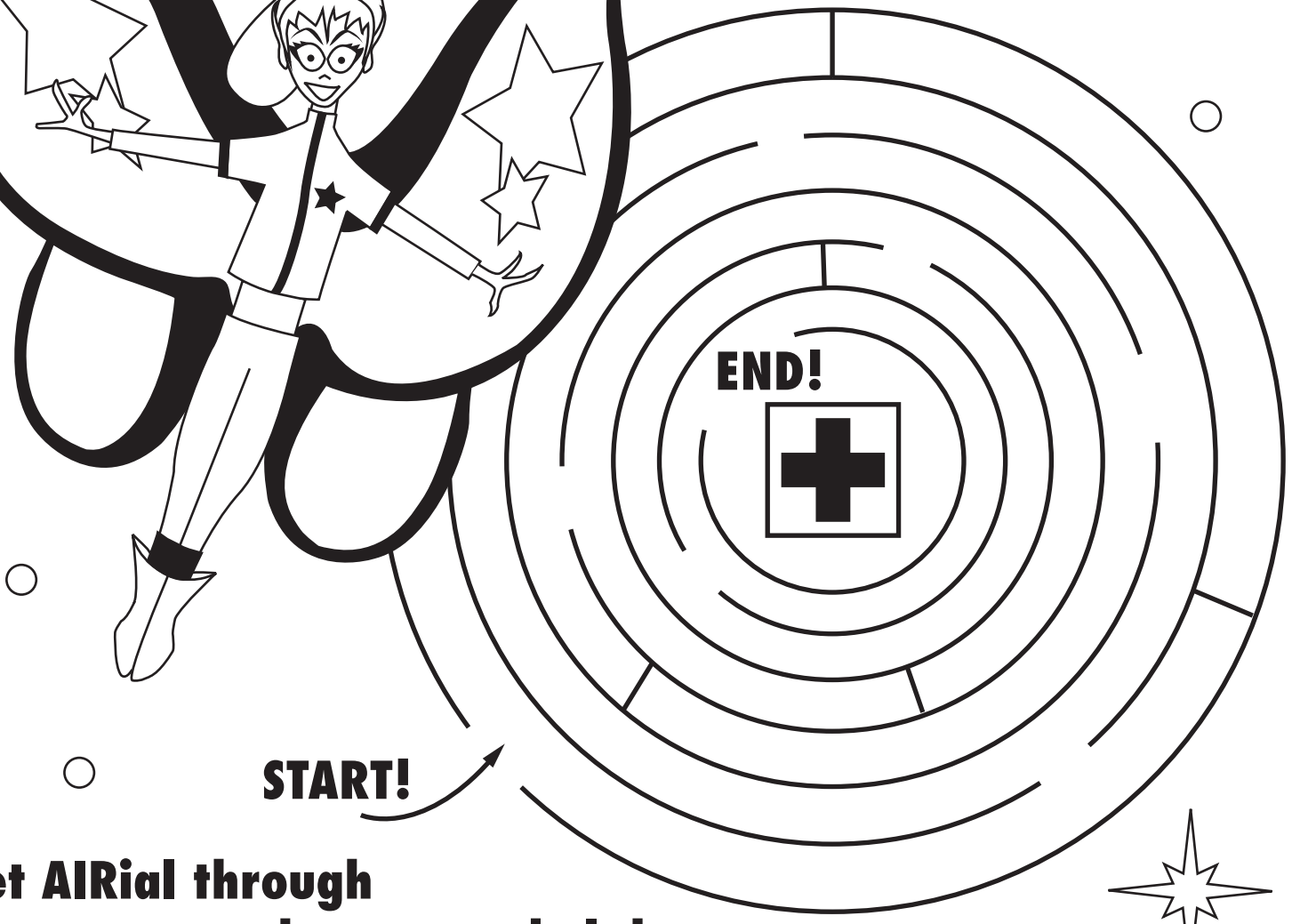
3. Cover the cookie sheet with aluminum foil. Place your rock in the middle of the cookie sheet.

4. Have an adult place your pet rock in the oven on 200 degrees for 15 minutes. (It's o.k. — Your pet doesn't mind the heat!)

5. Let your pet rock cool off, then take a piece of cloth and rub your rock. This will make your new pet rock pretty and shiny.

G is for GET HELP!

If you or your friend has an Asthma Attack, remember to stay calm, but get help!



Get AIRial through the maze, so she can get help!

H is for HEALTHY AND HAPPY!

Kids with Asthma can be HEALTHY and HAPPY —
as long as they avoid things that cause Asthma Attacks,
take their medicine correctly, and plan ahead!

I is for INHALER!

AIRial must take medicine to stay healthy.
AIRial 'breathes' this medicine into her lungs.
The medicine is inside an INHALER. Some kids have
two inhalers — one that helps prevent Asthma Attacks
and another that fights Asthma Attacks.
Kids with Asthma should always carry their 'fighter' inhaler
everywhere they go!

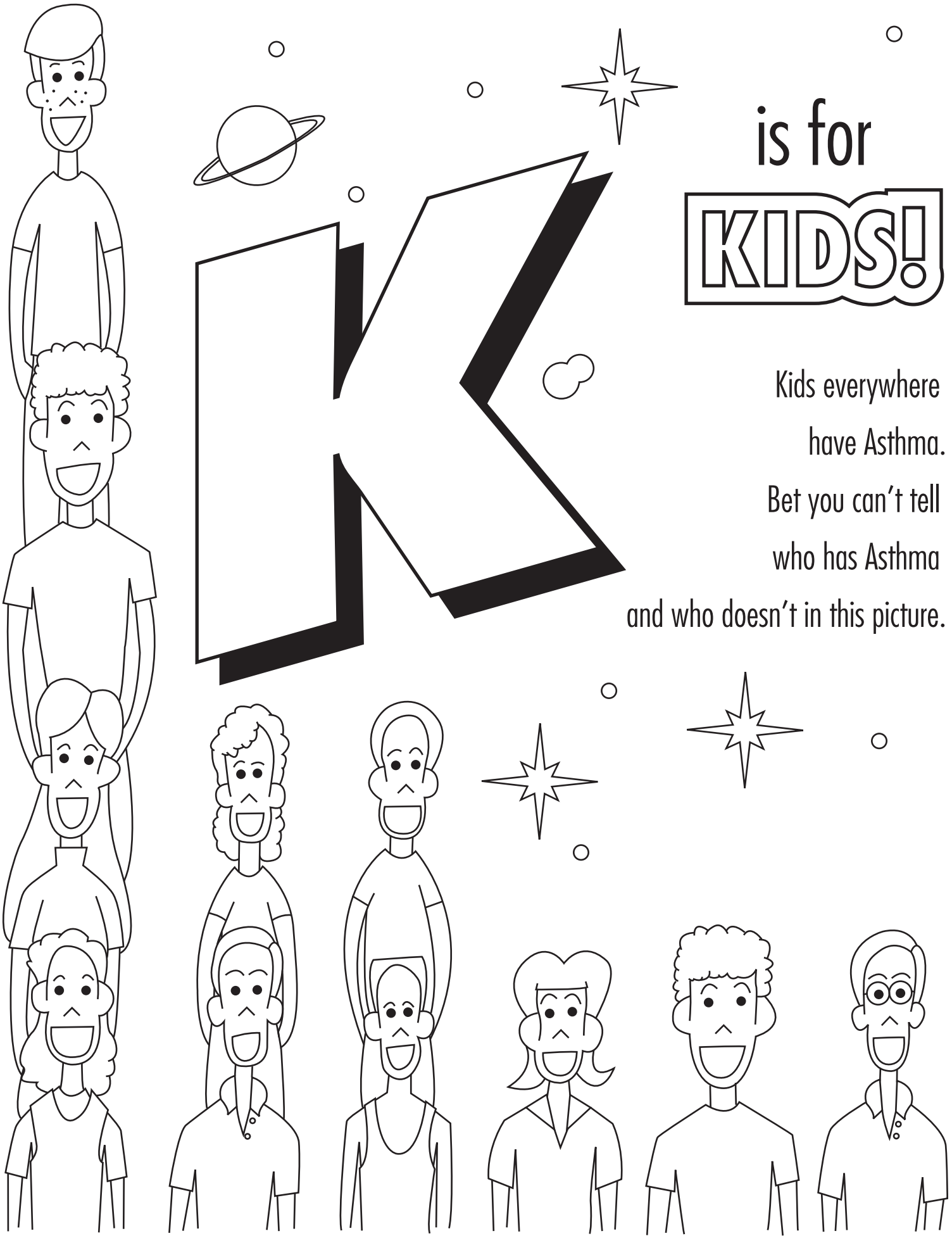
J

JUMPING...

is for

...AND JOGGING!

Kids with Asthma can do most anything,
as long as they do what
their doctor says and take care of themselves.

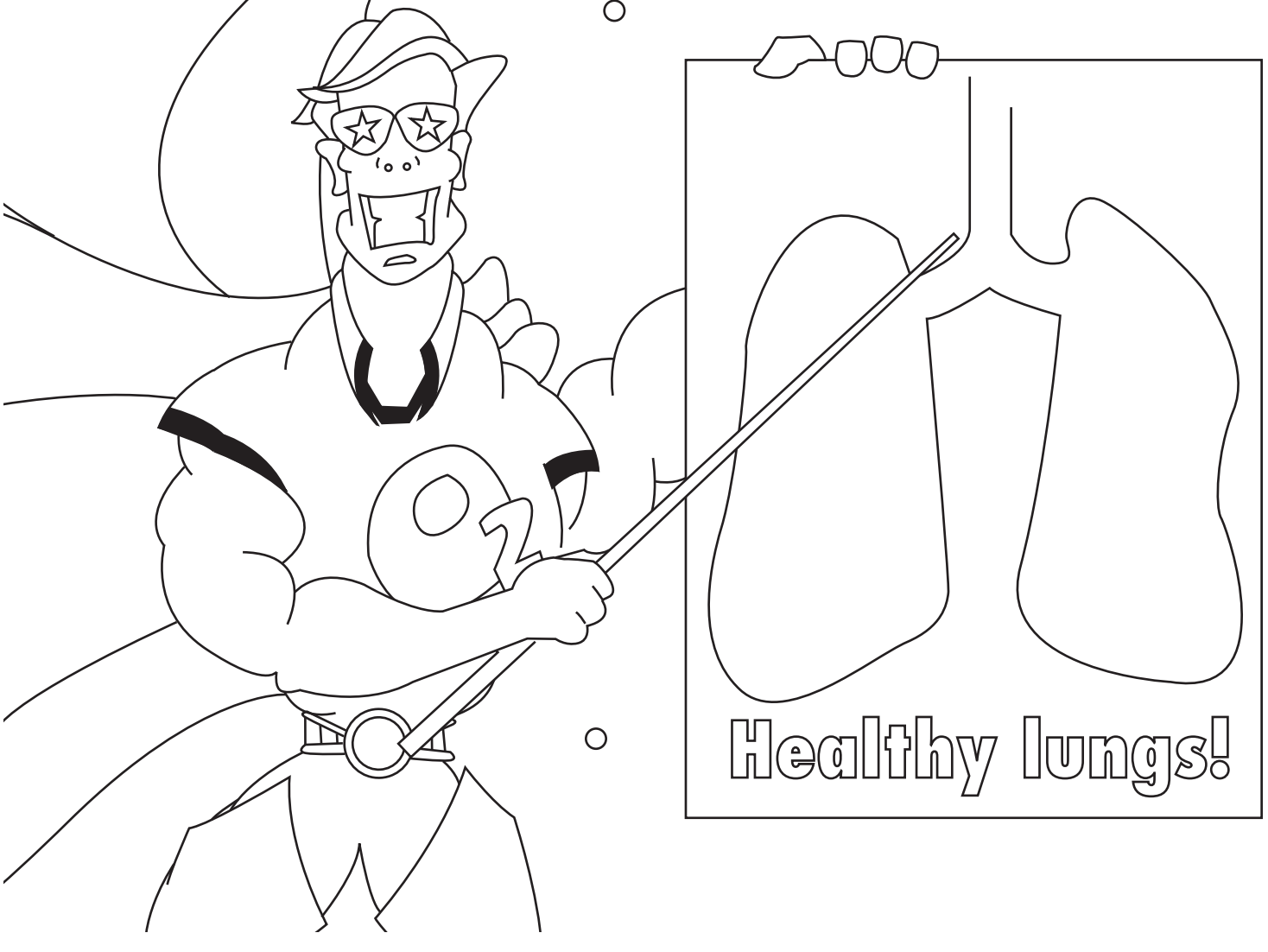


K is for KIDS!

Kids everywhere
have Asthma.
Bet you can't tell
who has Asthma
and who doesn't in this picture.

L is for LUNGS!

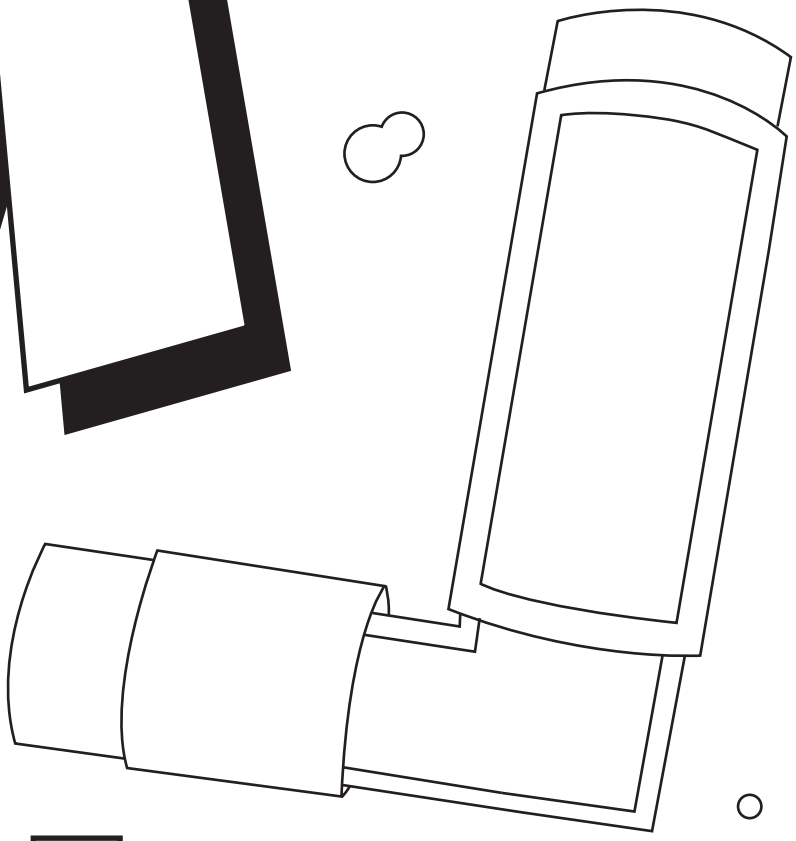
We all breathe with our two lungs.
Asthma Attacks cause
the lungs to feel tight.



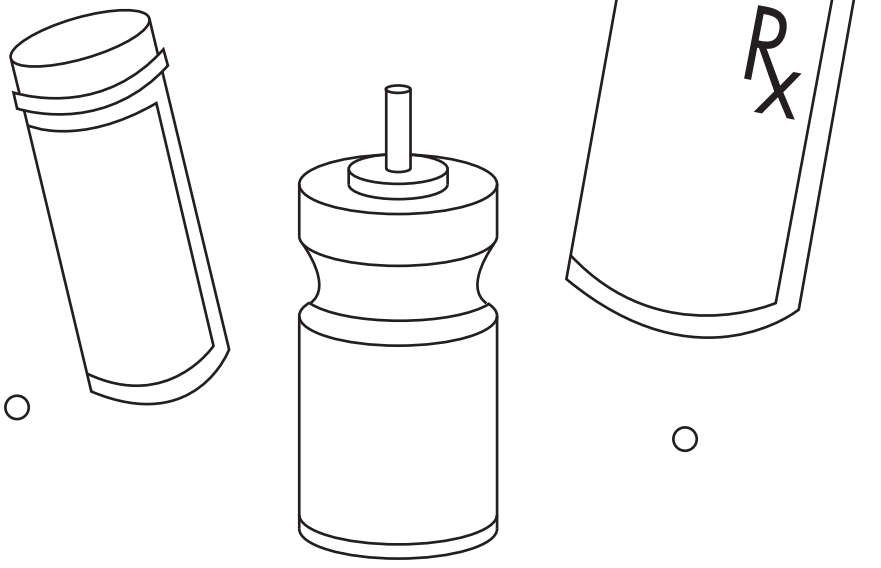
M

is for

MEDICINE!

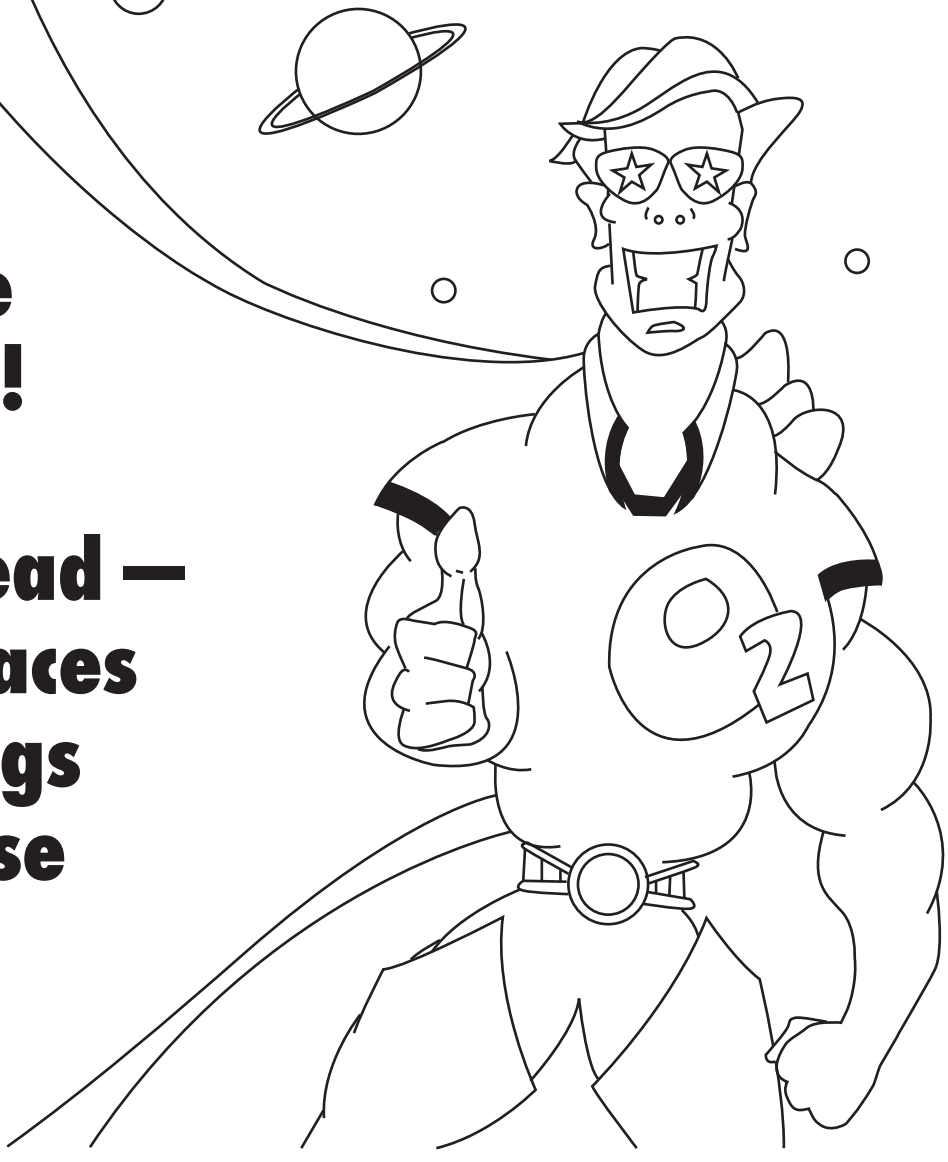


Kids with Asthma must use their medicine to stay healthy. AIRial sometimes asks her pharmacist at the store to remind her how to use her medicine correctly.



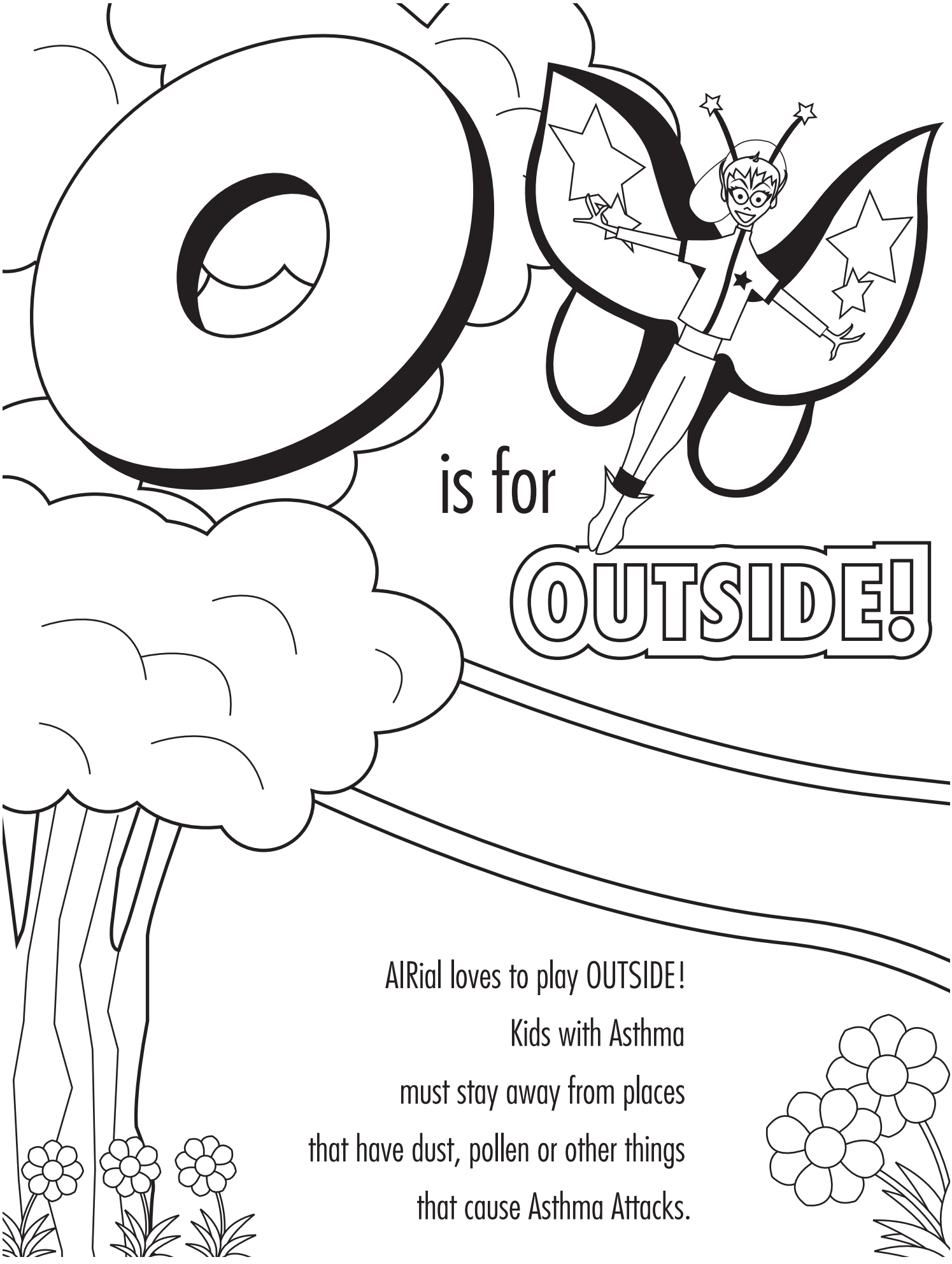
N is for NO PROBLEM!

As long as kids with Asthma use their heads, they should be OK!



Use medicine correctly!

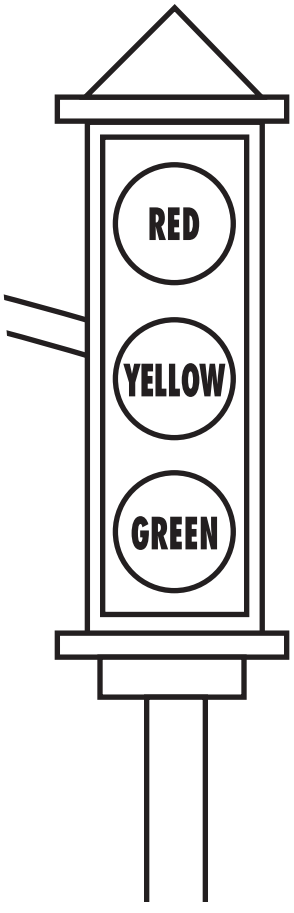
Plan ahead — avoid places and things that cause Asthma Attacks!


O
is for
OUTSIDE!
AIRial loves to play OUTSIDE!
Kids with Asthma
must stay away from places
that have dust, pollen or other things
that cause Asthma Attacks.

P is for PEAK FLOW METER!

A PEAK FLOW METER helps measure how much air you can push out of your lungs. Take a breath and then blow the air into the meter as fast as you can. Ask your doctor to help you find your "personal best" score. By doing what your doctor says and finding your peak flow score every day, you can stay in the healthy GREEN ZONE.

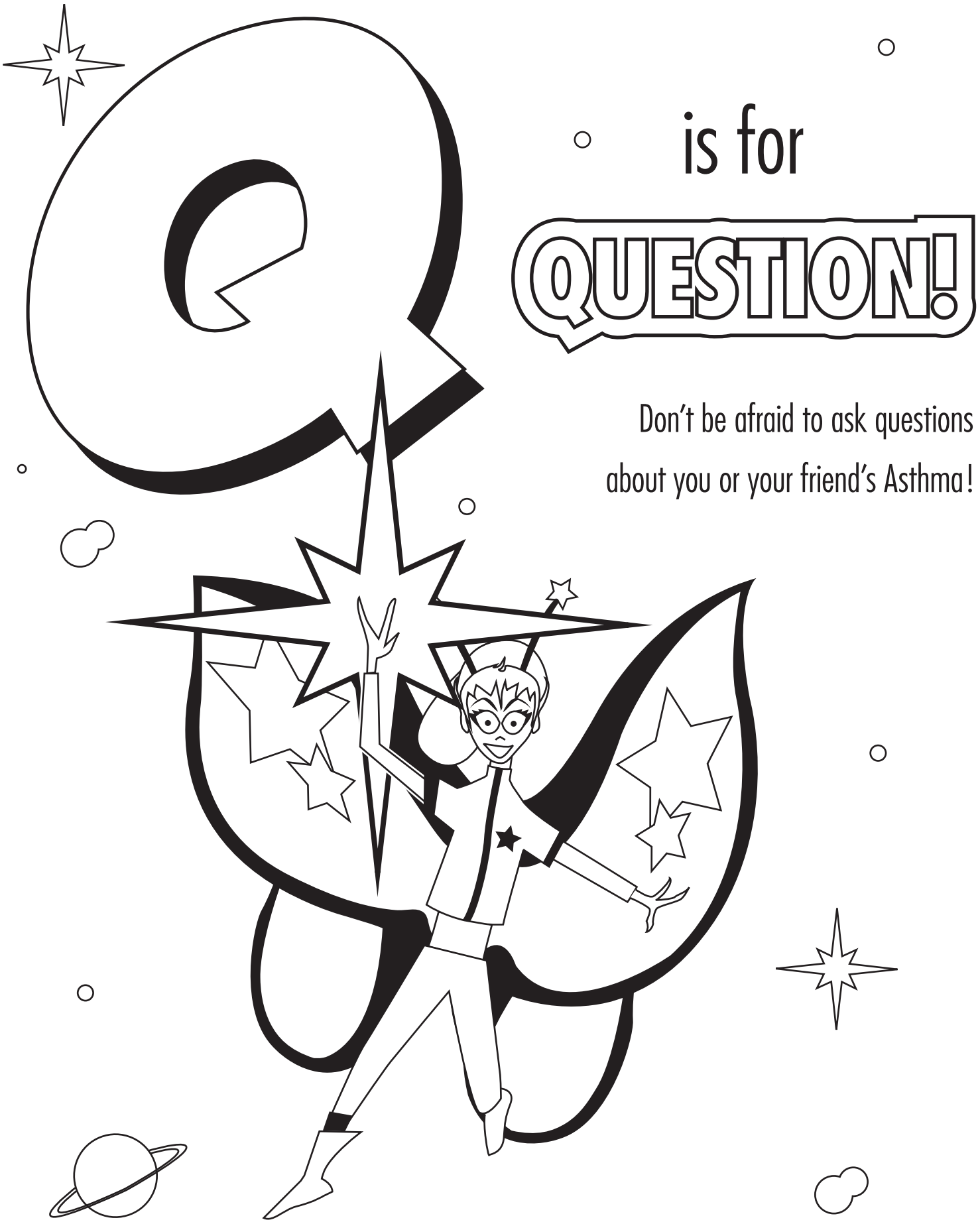
PEAK FLOW METER scores are divided into three zones: green, yellow and red — just like a traffic light!



RED ZONE

YELLOW ZONE

GREEN ZONE

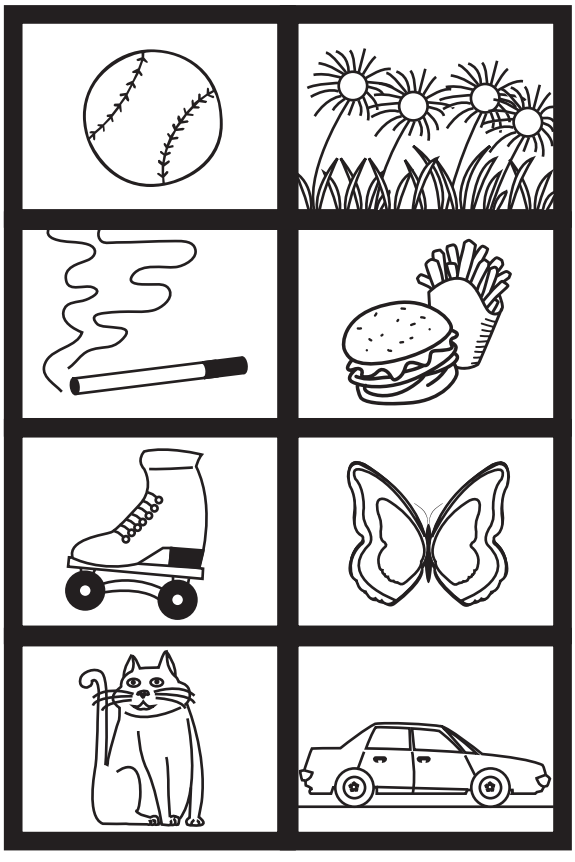

Q is for
QUESTION!
Don't be afraid to ask questions
about you or your friend's Asthma!

R is for RECOGNIZE RISKS!

Some things make Asthma worse, and even cause Asthma Attacks! Some of these things are:

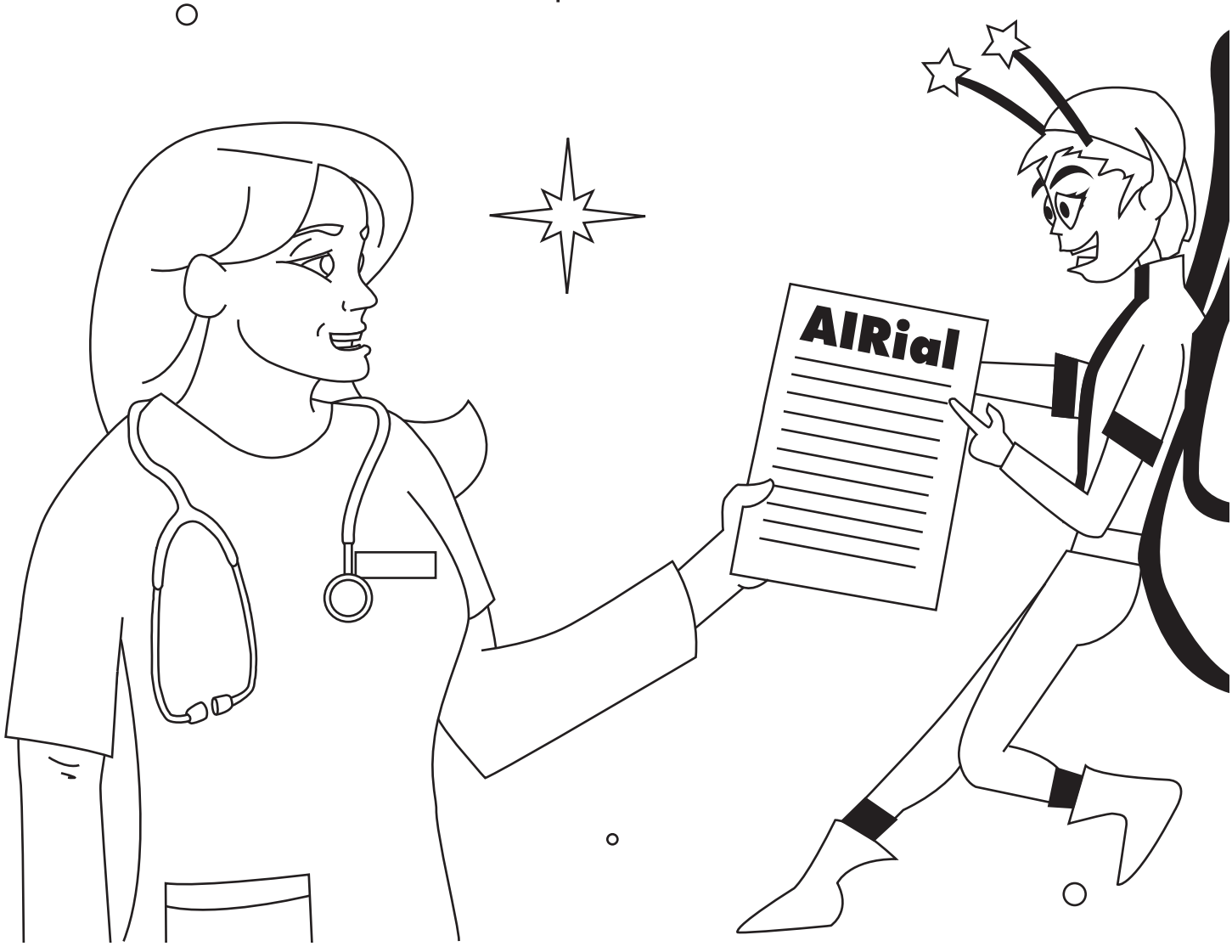
- ✖ Pollen
- ✖ Dust
- ✖ Pollution or smog
- ✖ Cigarette smoke
- ✖ Furry animals
- ✖ Smoke from fires
- ✖ Exercise

✖ out the pictures of things AIRial should avoid:



S is for SCHOOL NURSE!

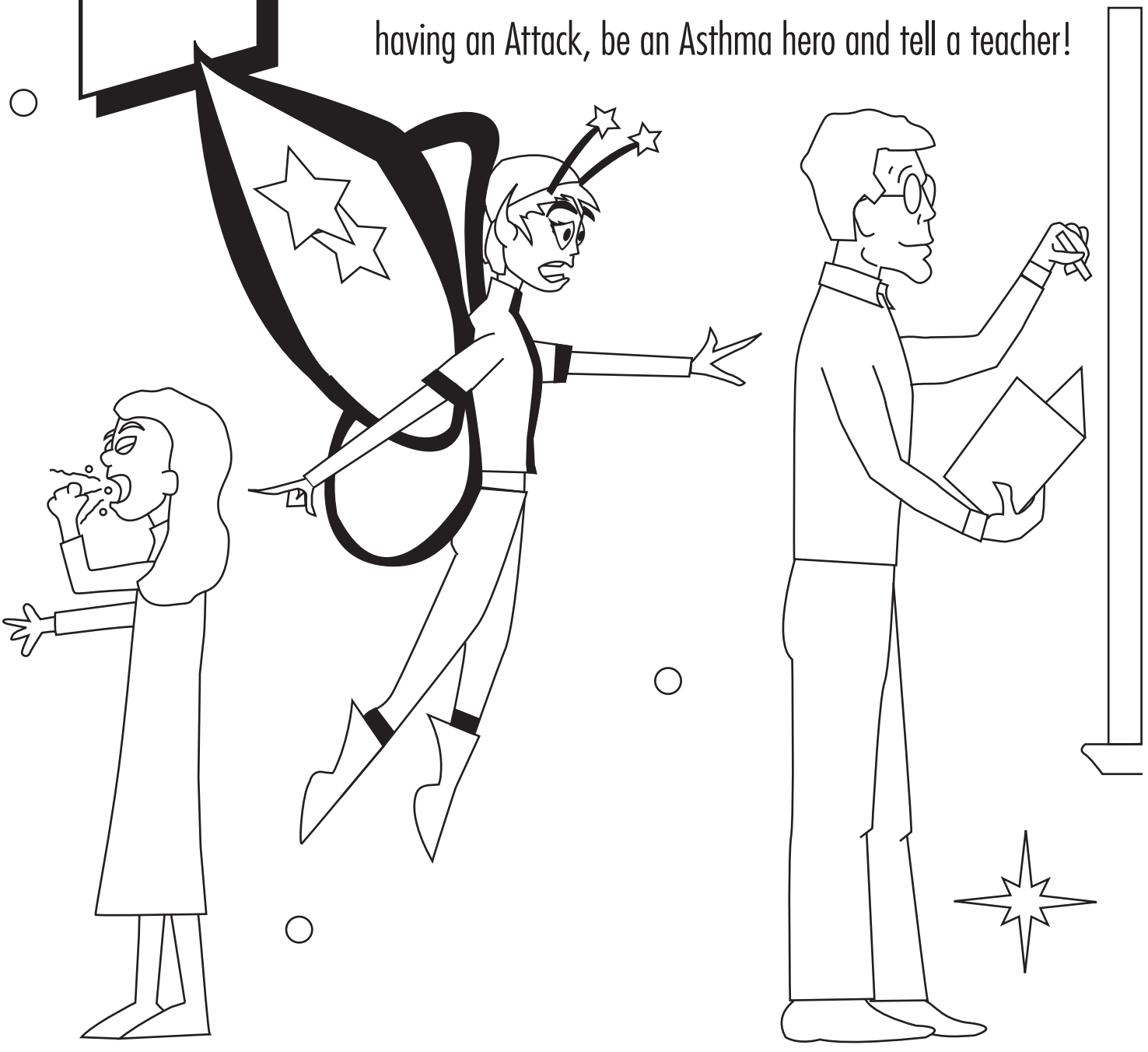
Your school nurse can help whenever you are in school! AIRial's mom gave the school nurse a list of her medicines and her doctor's phone number in case AIRial has trouble at school.



T is for TELL A TEACHER!

Tell your teacher if you have an Asthma Attack at school.

Or, if your friend has Asthma and it looks like they are having an Attack, be an Asthma hero and tell a teacher!

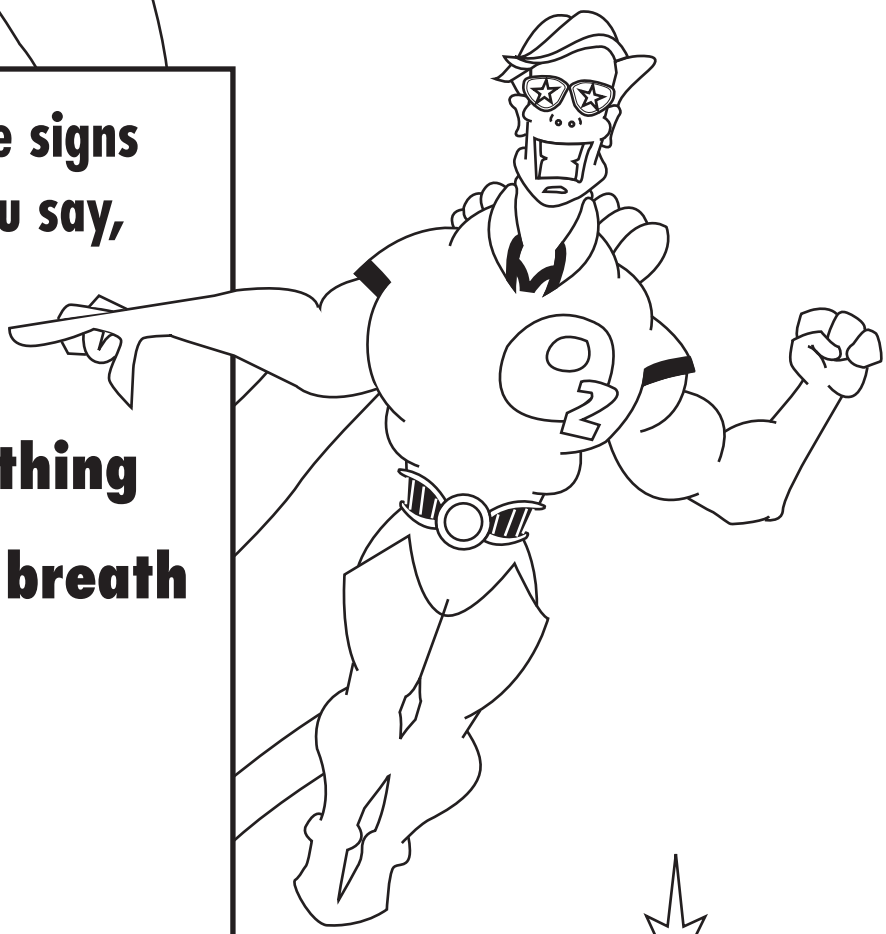


U is for UH-OH'S!

It is important to know what an Asthma Attack looks and feels like, in case you or your friend start having problems.

Here are some of the signs that should make you say, "Uh-oh! I better get some help!"

- ☆ **Trouble breathing**
- ☆ **Shortness of breath**
- ☆ **Wheezing**
- ☆ **Coughing**
- ☆ **Blue lips**



V is for VOLUNTEER!

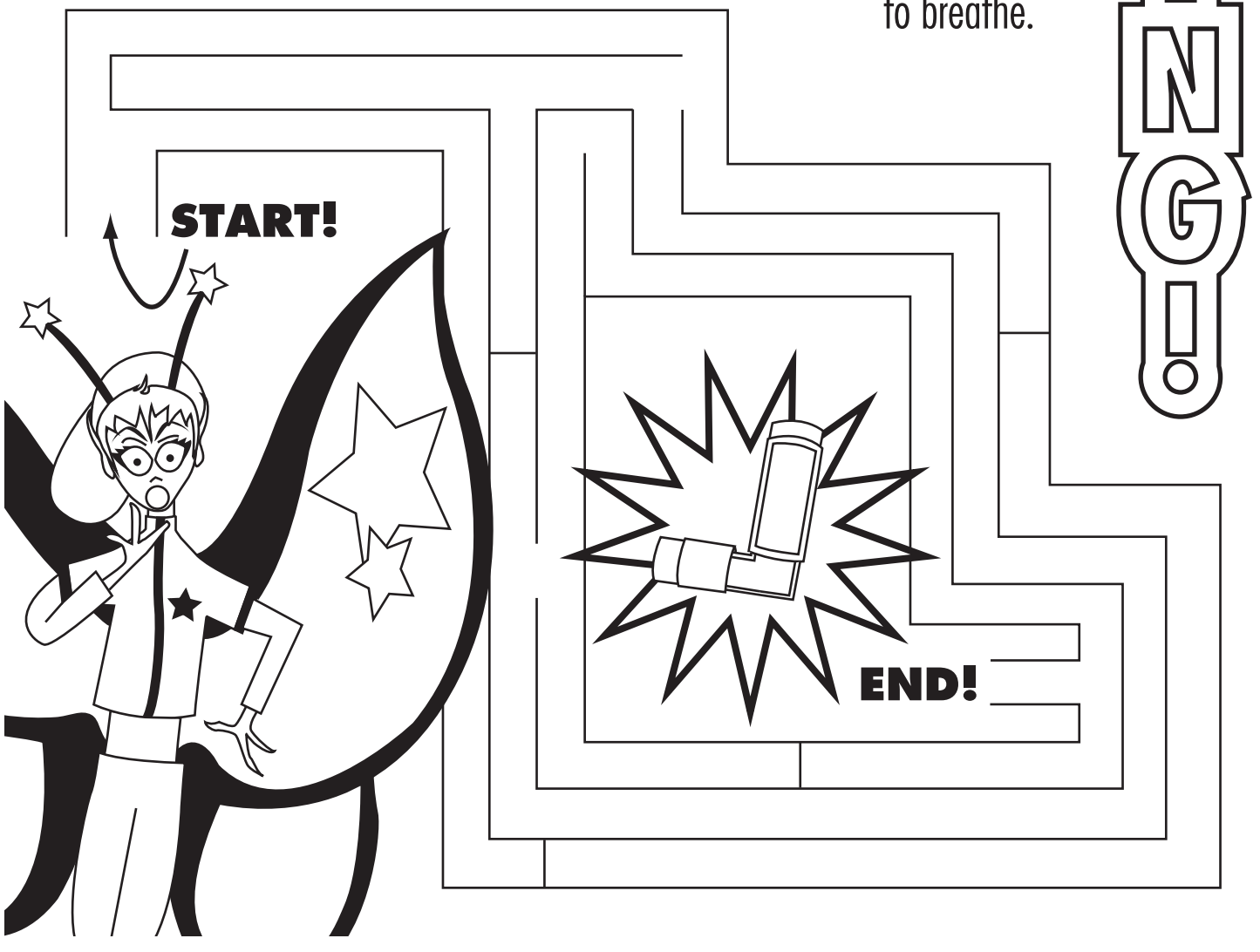
Don't ever be afraid to help others in need!

If you see a friend having an Asthma Attack, get help fast!

Then you will be an Asthma hero!

W is for WHEEZING!

When AIRial has an Asthma Attack, she sometimes wheezes because it's hard for her to breathe.



X is for X

NO SMOKING!

Smoke from cigarettes causes Asthma Attacks, so **"X"** out cigarettes! Even smoke from someone else's cigarette can make it hard to breathe. If you or a friend has Asthma, don't go around people who smoke — and ***don't ever*** start smoking yourself!

Y is for YOU KNOW WHAT TO DO!

REMEMBER THE PLAN:

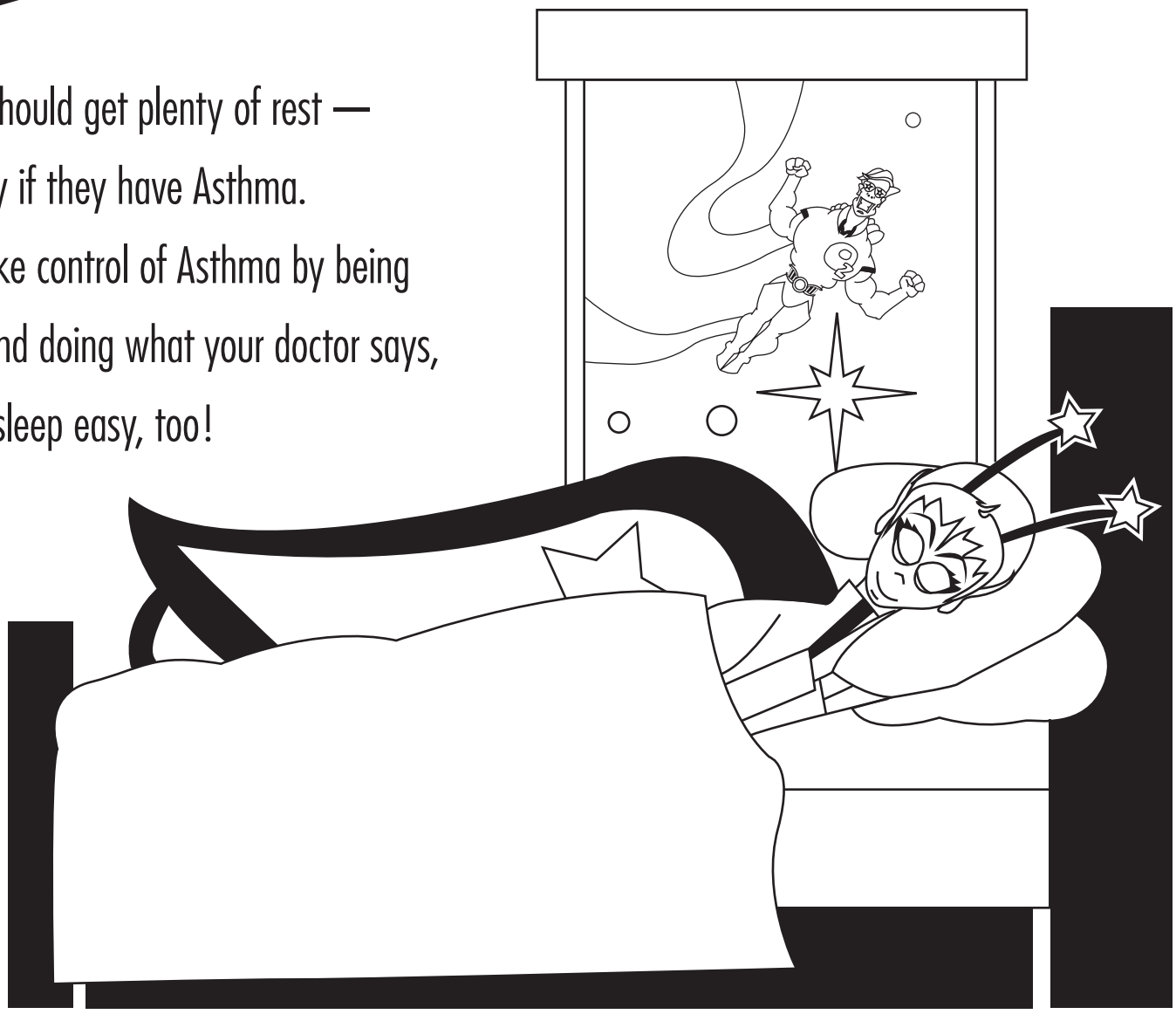
Stay Calm, Sit Down, and Get Help!

If your friend has an Asthma Attack, remember to stay calm, but get help from an adult!

If you are the one having an Asthma Attack, ask someone to get help for you.

Z is for Zzzzzzzz's!

All kids should get plenty of rest — especially if they have Asthma. If you take control of Asthma by being careful and doing what your doctor says, you will sleep easy, too!



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