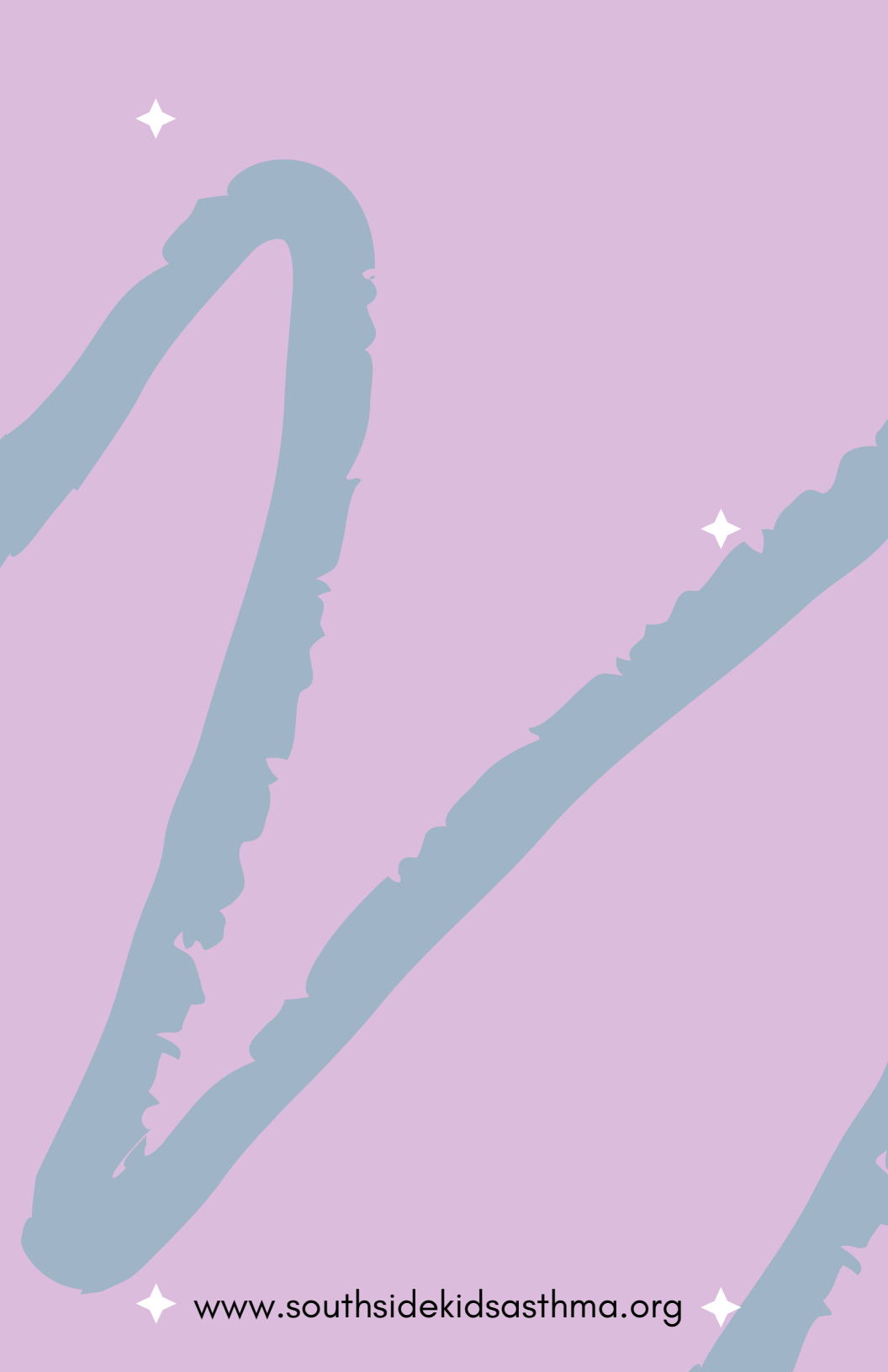




What To Know:

Things I Need to Know About Asthma

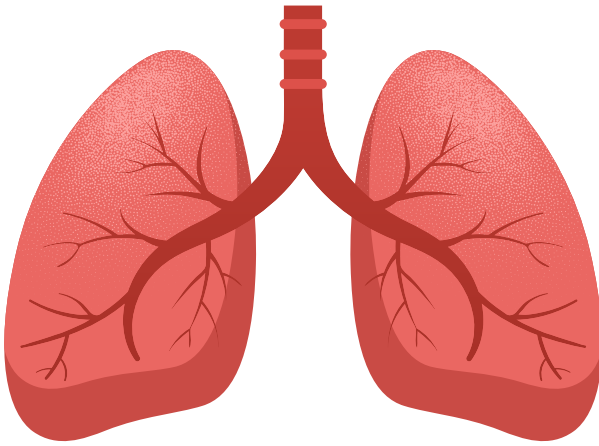
NAME : _____
GRADE : _____
YEAR : _____



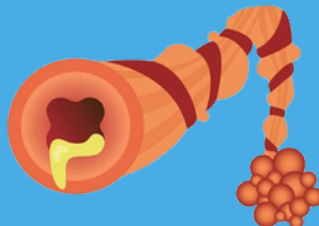
✦ www.southsidekidsasthma.org ✦

What is Asthma?

Asthma is lung disease caused by swelling and mucus in the airways of your lungs.



No Asthma



Asthma

Asthma Triggers

Asthma triggers are things that can set off asthma symptoms. Triggers can be different for everyone!

Common Asthma Triggers Include:



Triggers can cause the following symptoms:



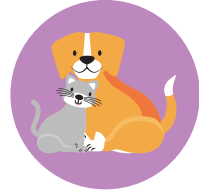
Picture Match

Use lines to match the triggers to the pictures.

Dust



Candles



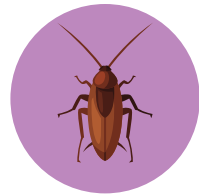
Roaches



**Cigarette
Smoke**



Pets



Word Search

Find the hidden words

C A A A S T X L E T S S R T L
O L D T S D O A P S S M O K E
I L I A Y G R E L L A O A S S
K E A E X E R C I S E S C I I
A R P R E P S S L D S A H C S
Y G O N E L L O P C S E E K E
I E L A I R R I T A N T S N O
I N L C A N D L E S L S R E Y
N S U O D U S Y A R P S E S A
L Y T I D I M U H R R O C S X
G R I A D L O C S S Y M O L D
R I O I S I E D A A K H O P C
L O N S D P L U P M I T N E T
C H E O E S R S I R I P I A X
O S I S T E P T O D K L E E I

Candles

Mold

Sprays

Dust

Pollution

Irritants

Humidity

Roaches

Pollen

Sickness

Allergens

Pets

Cold Air

Smoke

Exercise

Allergy

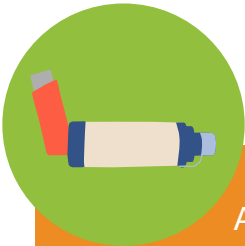


Asthma Medications



Inhaler

An inhaler is a portable device that delivers medication directly into the lungs.



Spacer

A spacer is a plastic device that attaches to an inhaler, used to improve the delivery of medication to the lungs.

Rescue vs. Controller

- Used for Emergency
- Short-Term Treatment
- Relieves Asthma Symptoms
- Taken Daily
- Long-Term Treatment
- Prevents Asthma Symptoms



Community Health Worker

Community Health Workers (CHWs) work with you, your family, and your doctor to help you better understand how to manage your asthma.

What Do They Do?

 **Asthma Education**

 **Offer Asthma and Health Resources**

 **Help with Medication**

 **Home Visits
Check In Calls**

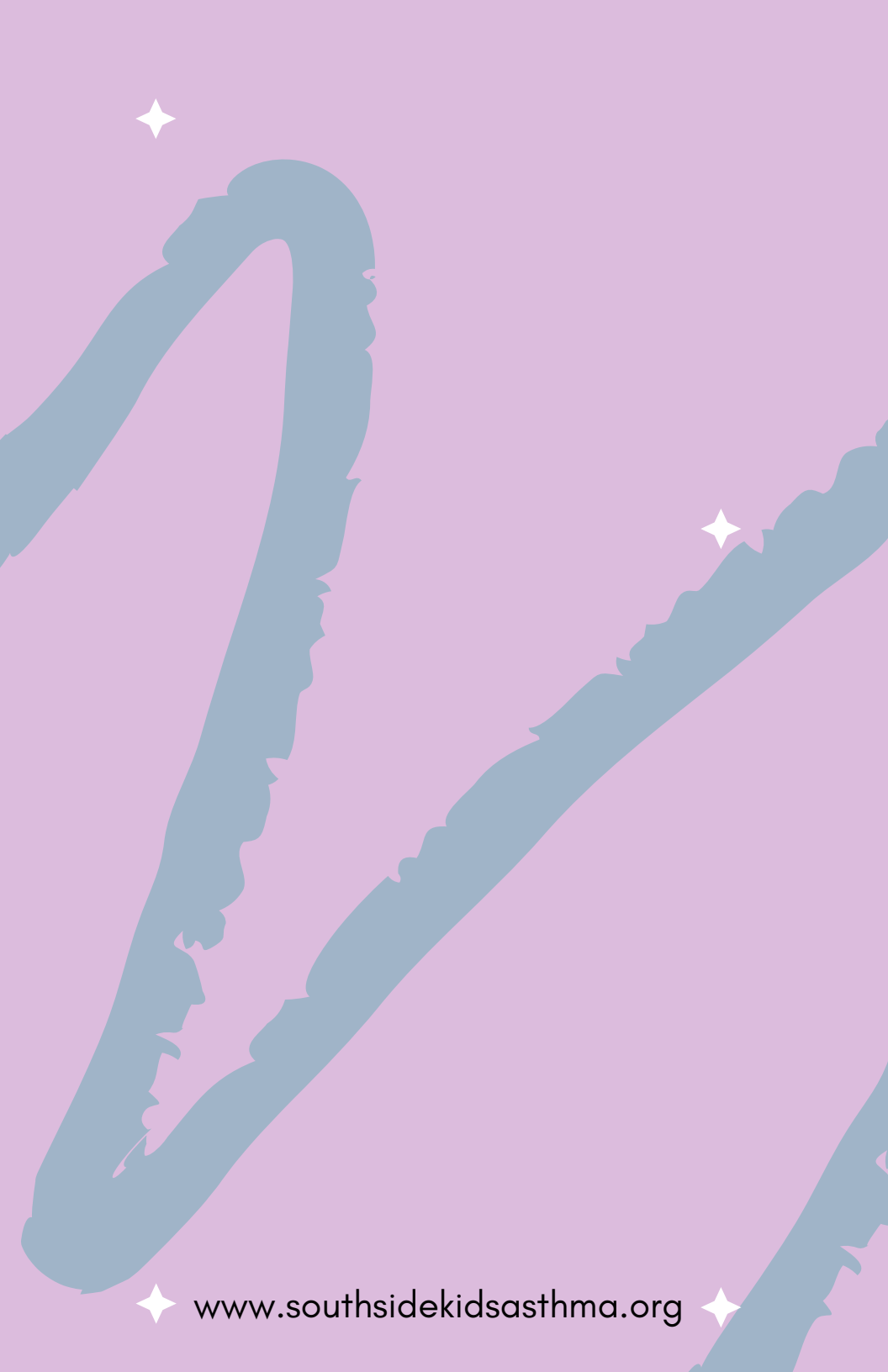


**Interested in a CHW?
Call (773) 702-9071
For more information
www.southsidekidsasthma.org**



Asthma Education Training?
Karmin.Wright@uchicagomedicine.org
(312)307-9608

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