



ASTHMA CLASS

Welcome

Students and parents



What is asthma?

- Lung Stimulation from “Quest for the Code”
- Two components: airway inflammation and bronchoconstriction
- Visual example of a straw to demonstrate the feeling of not being able to breathe



Where does Asthma come from?

- What causes asthma?
- What part of the body is affected?
- How long will I have asthma?
- Can I give someone my asthma by coughing on them?



BELLY BREATHING

Sit down or lay down with knees bent

Place hand on belly

Breathe in through the nose and feel your
belly rise

Breathe out your mouth through puckered
lips

Repeat breathing slowly



ASTHMA SYMPTOMS

- Chest feels tight
- Cough
- Wheezing
- Getting tired or out of breath
- Itchy watery eyes
- Stuffy, runny nose
- Cold, flu, or other illness



ASTHMA TRIGGERS

- ILLNESS
- Allergies to pet dander, pollen, dust mites, or mold
- Chemical smells
- Cold weather
- Smoke or poor air quality
- Exercise



ASTHMA MANAGEMENT

- PREVENTION: Trigger control
- Peak Flow Meter
- Controller medication to reduce inflammation
- Know the warning signs
- Take your asthma medicine properly
- TELL AN ADULT and REST



Exercise- induced Asthma

■ SIX WAYS TO STAY ACTIVE

- Talk to parents
- Try the activity
- Practice
- Talk to your doctor – take inhaler before running activities
- Take a break and belly breathe



When to stay home

- Respiratory infection
- Fever
- Wheezing or cough increases within 1 hour after taking albuterol
- Fatigue: cannot finish normal activities
- Difficulty breathing
- Peak flow < 80% after treatment



FIVE EMERGENCY SIGNS

- Wheezing or cough increases after treatment
- Struggling to breathe, neck/chest sucking in with each breath, hunched over
- Trouble walking, talking, or playing
- Peak flow <50% personal best
- Fingernails or lips are blue – need breathing treatment ASAP
- AT School: 911 will be called



ASTHMA RESOURCES

- FREE Peak Flow meter
- Open Airways - ALA
- Download “Quest for Code” from www.starlight.org
- Asthma patient action plan
- www.needymeds.org – work with doctor and drug company – reduced cost for a 90 day supply of Albuterol