

South Side **PEDIATRIC ASTHMA CENTER**

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Asthma Reference Guide



www.SouthSideKidsAsthma.org

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Contact us for more information about the
South Side Pediatric Asthma Center or asthma training:

www.southsidekidsasthma.org

(773) 702-4495

sspac@uchospitals.edu

South Side Pediatric Asthma Center

The South Side Pediatric Asthma Center (SSPAC) is a multi-institution partnership. The SSPAC partners are:

- UChicago Medicine Comer Children's Hospital
- Beloved Community Family Wellness Center
- Chicago Family Health Center
- Friend Health
- La Rabida Children's Hospital
- St. Bernard Hospital

Our Vision: Reduce the burden of asthma for children and families on the south side of Chicago.

Our Mission: The South Side Pediatric Asthma Center will improve health outcomes for children with asthma by facilitating access to care, promoting standardized treatment and educating through community engagement and outreach.

SSPAC Programs

Education

- Provide standardized and easy to understand asthma education materials.
- Host annual UHI Asthma Summit for health care providers, community members, schools and other community-based organizations.
- Provide asthma education to community including school staff, day care center staff and parents.

Community Health Worker Program

- Community Health Workers working out of SSPAC partners' sites to focus on outreach to families of children with high-risk asthma.

Asthma Resources

- Free number to call for questions about asthma, resources in the community, and to get connected to child's assigned doctor.
- Education, outreach and referrals to community resources.

SSPAC Asthma Resource Line

1 (833) 3ASTHMA

1 (833) 327-8462

The asthma resource line is a free number. Anyone with questions about asthma or asthma resources may call. The resource line gives information and helps explain:

- Asthma, medications to manage asthma and the asthma action plan.
- Asthma resources including medical facilities, education materials, and community and national services for asthma.

The asthma resource line can also connect callers to their assigned primary care provider (PCP) or help callers understand how to find a PCP.

What is Asthma?

Asthma is a chronic lung disease that affects your airway.

- There is no known cause of asthma.
- There is no cure for this disease.

Two things happen with asthma. The muscles get tight around your airway and the airway becomes irritated, swollen and blocked by mucus. When this happens, it can become difficult to breathe.

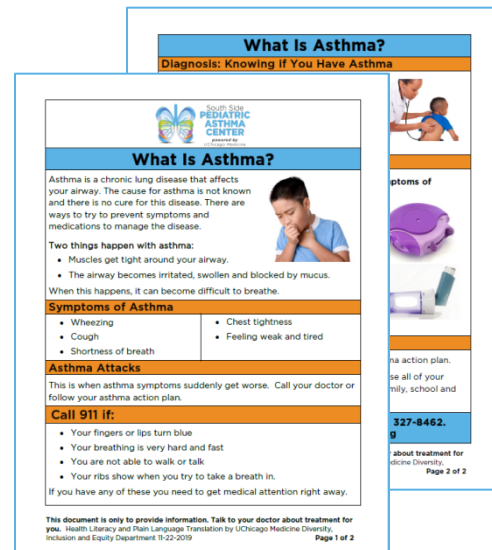
Symptoms of asthma include:

- Wheezing
- Cough
- Shortness of breath
- Chest tightness
- Feeling weak and tired

**For more information, see the
"What is Asthma?"**

informational handout:

www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_What-is-Asthma.pdf



Asthma Myths and Facts

There are some common misunderstandings about asthma that could result in not getting proper treatment. Below are some common myths and the facts that you need to know.

Myth	Fact
<ul style="list-style-type: none">• A person with asthma will outgrow it.	<ul style="list-style-type: none">• If a person has asthma, they will not outgrow it.
<ul style="list-style-type: none">• A person with asthma cannot play sports or exercise.	<ul style="list-style-type: none">• A person with asthma can play and exercise.• Being active with asthma could improve lung function.• People with asthma should talk to their doctor about how to control asthma while exercising.
<ul style="list-style-type: none">• If someone with asthma does not wheeze, that means they do not have asthma.	<ul style="list-style-type: none">• Sometimes only a doctor or nurse can hear the wheezing with a stethoscope.• Not everyone has the same symptoms all of the time.
<ul style="list-style-type: none">• Having asthma is not a big deal.	<ul style="list-style-type: none">• Asthma is serious chronic condition.• If not managed well, it could lead to a serious health condition or even death.

Sources:

"Asthma Facts and Figures." *Asthma and Allergy Foundation of America*, 1995-2018, www.aafa.org/page/asthma-facts.aspx

"Preventing Asthma Episodes and Controlling Your Asthma." *Asthma and Allergy Foundation of America*, 1995-2018, www.aafa.org/page/asthma-prevention.aspx

Asthma Triggers

Asthma triggers are things that can set off asthma symptoms or cause an asthma attack.

Each person with asthma may have different triggers. It is important to know what triggers your asthma symptoms.

Common Asthma Triggers

Allergens

- Dust and dust mites
- Furry animals
- Mold
- Pollen from trees, grass or flowers
- Cockroaches
- Food allergies

Irritants

- Aerosols like hair or bug spray
- Air pollution
- Cigarette smoke
- Strong smells like perfumes, air fresheners or cleaning fluids

Other Triggers

- Cold air
- High humidity
- Exercise or activity
- Getting a cold or the flu
- Strong emotions or stress

For more information, see the
“Know Your Asthma Triggers”
informational handout:

www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Know-your-Asthma-Triggers.pdf



Asthma Attack

An asthma attack is when asthma symptoms suddenly get worse. The airway muscles get tight and make it extremely difficult to breathe.

The child may be gasping for air, have difficult speaking and be very anxious.

Signs of an asthma attack include

- Excessive coughing
- Wheezing
- Shortness of breath
- Chest tightness
- Breathing fast
- Not able to walk or talk

What to do if your child has an asthma attack

- Stay calm
- Keep the child in an upright position
- Get the child's rescue inhaler
- Follow their personalized asthma action plan
- Have the child use their rescue inhaler as prescribed
- Make all attempts to remove child from any triggers

Call 911 if:

- The child's inhaler is not helping
- The child's fingers or lips turn blue
- The child's breathing is very hard and fast
- The child is not able to walk or talk
- The child's ribs show when they try to take a breath in

Sources:

"When to See Your Doctor about Asthma." American Lung Association, 2018,
www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-symptoms-causes-risk-factors/when-to-see-your-doctor.html

"What are the symptoms of Asthma?" Asthma and Allergy Foundation of America, 1995-2018,
www.aafa.org/page/asthma-symptoms.aspx

Asthma Action Plan

The Asthma Action Plan (AAP) is a document your doctor writes out just for you. It provides instructions on medication use and what to do in an emergency.

It explains:

- How to manage asthma.
- How and when to use your medications.
- What to do when symptoms are present.
- When to call the child's doctor or 911.

The asthma action plans use zones to guide caretakers in managing the child's asthma:

Green Zone	Explains what to do when the child is breathing easy. Follow these actions to prevent asthma symptoms before they appear.
Yellow Zone	Explains what to do if you can see or hear asthma symptoms. Follow these actions to prevent symptoms from getting worse.
Red Zone	Explains what to do when the symptoms become an emergency. The child needs to get medical help immediately.

Things to remember about your asthma action plan:

- Always follow your own asthma action plan.
- Review the asthma action plan with your doctor at every appointment.
- Your doctor may change your asthma action plan as your asthma improves or gets worse.
- Everyone who cares for the child should have a copy of it.




Sources:

"Asthma Action Plan." *Asthma and Allergy Foundation of America*, 1995-2018, www.aafa.org/page/asthma-treatment-action-plan.aspx

"Create an Asthma Action Plan." *American Lung Association*, 2018, www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan.html

Example of an Asthma Action Plan

Not all Asthma Action Plans are the same.

Asthma Action Plan						
For _____		Date _____				
Prepared by _____	Personal Best Peak Flow _____	Predicted Peak Flow _____				
 Green Zone: GO-Take these control (prevention) medicines Every Day						
You have ALL of these: <ul style="list-style-type: none"> Breathing is easy No cough or wheeze Can play and work Can sleep all night Peak flow between: _____ to _____ 80 to 100% of Personal Best	Controller Medicine (Name and Strength) _____	How much to take (Dose) _____	How to take _____	Morn- ing _____	After- noon _____	Bed- time _____
Take these other medicines if your asthma is from exercising: _____ minutes before exercise						
 Yellow Zone: CAUTION-Keep taking control medicines and add Rescue medicines						
You have ANY of these: <ul style="list-style-type: none"> First sign of a cold Exposed to known trigger Cough Mild wheeze Tight chest Coughing at night Peak flow between: _____ to _____ 80 to 100% of Personal Best	<input type="checkbox"/> Albuterol 0.083% solution (2.5 mg) nebulizer every 4 hours OR <input type="checkbox"/> Albuterol (90 mcg/puff) 2 puffs every 4 hours OR <input type="checkbox"/> Other _____ (Medicine Name and Strength) (Dose) (how to take) (how often)					
1. If your child feels better in 30 minutes, and remains well for at least 3 hours, continue rescue medicine every 4 hours for 12 hours 2. If your child stays in the yellow zone after 12 hours, call your doctor for a change in the medication plan. Doctor Name _____ Phone _____ 3. If child Does Not feel better in 30 minutes, follow the RED Zone Plan .						
 Red Zone: DANGER-Take These Medicines and Get HELP Right Away						
You have ANY of these: <ul style="list-style-type: none"> Medicine is not helping Breathing hard and fast Nose opens wide Ribs show Lips or fingernails blue or grey color Trouble walking or talking This Peak flow less than _____ Under 50% Personal Best	<input type="checkbox"/> Albuterol 0.083% solution (2.5 mg) nebulizer every 4 hours OR <input type="checkbox"/> Albuterol (90 mcg/puff) 2 puffs every 20 minutes for 1 hour OR <input type="checkbox"/> Other _____ (Medicine Name and Strength) (Dose) (how to take) (how often)					
Call Your Doctor NOW when giving the treatment. Asthma can be life threatening. If your child is not responding, call 911 for an ambulance or go directly to the nearest emergency department.						
Your Asthma Triggers (makes your asthma worse)		Follow-Up Appointment made with				
<input type="checkbox"/> Cigarette smoke and second-hand smoke <input type="checkbox"/> Dust and dust mites <input type="checkbox"/> Stuffed animals, carpet <input type="checkbox"/> Pests-rodents, cockroaches <input type="checkbox"/> Pets-animal dander <input type="checkbox"/> Plants, flowers, cut grass <input type="checkbox"/> Pollen (trees, grass or flowers) <input type="checkbox"/> Sprays: like hair or bug <input type="checkbox"/> Strong smells like perfumes, air fresheners, cleaning fluids		<input type="checkbox"/> Mold <input type="checkbox"/> Air pollution <input type="checkbox"/> Sudden change in weather or temperature <input type="checkbox"/> Strong emotions or stress <input type="checkbox"/> Exercise or activity <input type="checkbox"/> Getting a cold or flu <input type="checkbox"/> Other _____				
Print Name and Signature of Person Responsible _____ Print Name and Signature of Healthcare Provider _____		OR Follow-Up with Call _____ to make a follow-up visit 7-10 days after leaving hospital or clinic.				
For questions and resources, call 1 (833) 327-8462. www.SouthSideKidsAsthma.org						

For more information, see the
“Understanding Your Asthma Action Plan”
 informational handout:

www.southsidekidsasthma.org/wp-content/uploads/2019/08/SSPAC-Understanding-your-Asthma-Action-Plan.pdf

Sources:

“So You Have Asthma. A Guide for Patients and Their Families”

https://www.nhlbi.nih.gov/files/docs/public/lung/SoYouHaveAsthma_PRINT-reduced-filesize.pdf

Minnesota Department of Health www.health.state.mn.us/divs/hpcd/cdee/asthma/AAP-nonpro.html

Understanding Your Asthma Action Plan	
<p>The Asthma Action Plan explains how to manage asthma. The action plan gives instructions on how and when to take your medication and what to do in an emergency. Most asthma action plans are given to guide caretakers on how to manage a child's asthma depending on the child's symptoms.</p> <p>Not all Asthma Action Plans are the same. Your doctor will make a plan that is just for you. Always follow your own asthma action plan.</p> <p>Your doctor may change your asthma action plan. Make sure to go over the asthma action plan with your doctor at every appointment. Everyone who cares for your child must have a copy of their asthma action plan.</p>	
<p>Your Asthma Action Plan will include:</p> <ul style="list-style-type: none"> How to use your medications When to use your medications When to call 911 What to do when you have asthma symptoms When to call the doctor 	
<p>Here a copy of the action plan everywhere your child spends time:</p> <ul style="list-style-type: none"> Daycare center Religious or family house School Summer camp After school programs Community centers Recreational activities such as sports, and dance Neighbors, friends and families' houses 	
<p>Ask about your child's asthma with those who care for your child:</p> <ul style="list-style-type: none"> Find out if the place your child spends time has an asthma emergency plan. Ask who will care for your child in an emergency. Make sure your child can get their asthma medication right away. Have a letter that allows your child to give themselves their own medication, if needed. Make sure the place has your current contact information. 	
<p><small>This document is only to provide information. Talk to your doctor about treatment for you. Health Services and Plan Language Translation by Chicago Medicine Community Health Center. Page 1 of 2</small></p>	

Primary Care Provider

Your Primary Care Provider (PCP) is a doctor or nurse who takes care of your overall health.

- It is very important to see your doctor on a regular basis to make sure that your asthma is under control.
- Keep your doctor's contact information saved in a place that you have easy access to such as your saved phone contacts.



Getting Ready for Your Doctor Appointment

Being ready for your doctor's appointment can help you get the most out of it. Here are some things to think about when discussing asthma with your doctor.

Review this list and make notes before your child's appointment.

Symptoms

- Make a list of the symptoms, including when and how long your child has had the symptoms.
- Ask about how to reduce the symptoms.

Triggers

- Have you noticed anything that is triggering asthma symptoms?

Medication

- Do you have any questions (or need a reminder) on how the child should take asthma medication?
- Do you need a prescription refill for the medication?
- Do you know the process for getting a refill in the future?

Asthma Action Plan

- Review with doctor and ask if there are any changes that need to be made.
- Ask for a copy of the latest asthma action plan.

Questions for Your Doctor

- Write down any questions you have and bring them with you to ask during the appointment.

Asthma Medications

Most asthma action plans include both long term and quick relief medications.

Controller (Long Term)

- Prevents and control asthma symptoms
- Keeps asthma under control
- Take every day as prescribed by the doctor

Rescue (Quick Relief)

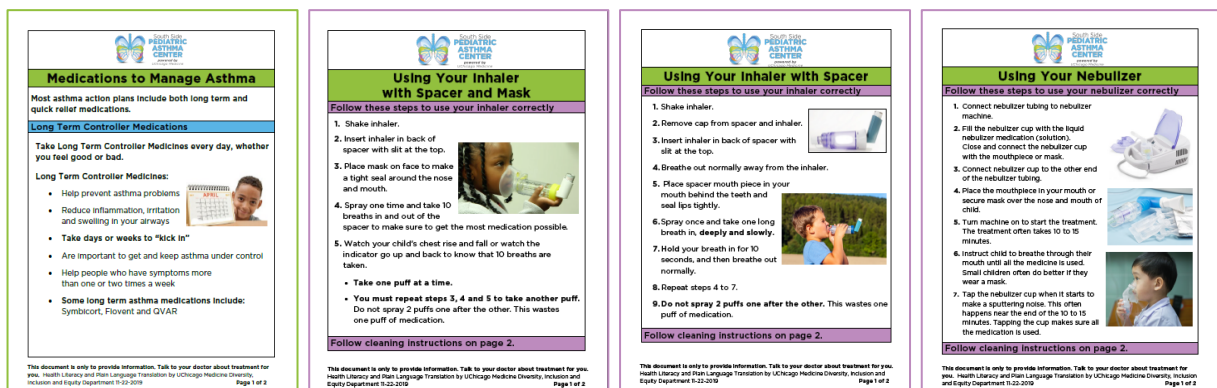
- Provide quick relief of asthma symptoms
- Only use as needed as prescribed by the doctor

Asthma Medication Devices

There are several different medication devices used to manage asthma. The child's doctor will decide and prescribe what works best for each child. It is very important that the child uses the medication device correctly.

For more information, see the following informational handouts:

- **Medications to Manage Asthma:** www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Medications-to-Manage-Asthma.pdf
- **Using Your Inhaler with Spacer:** www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Using-Your-Inhaler-with-Spacer.pdf
- **Using Your Inhaler with Spacer and Mask:** www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Using-Your-Inhaler-with-Spacer-and-Mask.pdf
- **Using Your Nebulizer:** www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Using-Your-Nebulizer.pdf



Sources:

“Asthma Medicines.” *Asthma and Allergy Foundation of America*, 1995-2018,

www.aafa.org/page/asthma-treatment.aspx

“How is Asthma Treated?” *American Lung Association*, 2018,

www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/diagnosing-treating-asthma/how-is-asthma-treated.htm

Staying Active with Asthma

People with asthma can exercise and be physically active.

You can keep your asthma well controlled by taking your asthma medication as instructed by your doctor.

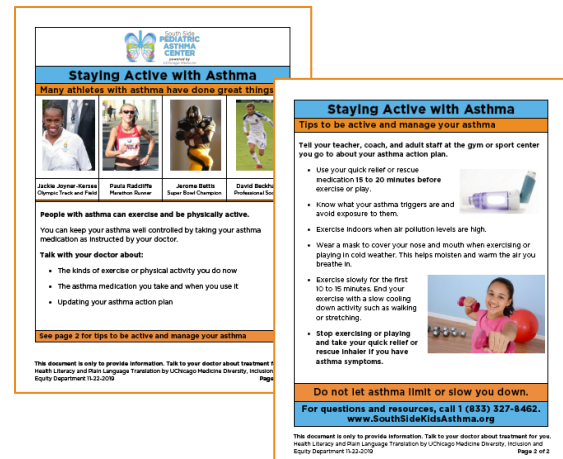
Talk with your doctor about:

- The kinds of exercise or physical activity you do now and ways to stay active.
- The asthma medication you take and when you use it.
- Updating your asthma action plan.

Share your asthma action plan with teachers, coaches, and staff at the gym.

For more information, see the
“Staying Active with Asthma”
informational handout:

www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Staying-Active-with-Asthma.pdf



Green Cleaning

Certain chemicals in cleaning products can trigger asthma symptoms.

The chemicals get in your lungs by breathing in the fumes. Products you clean with should not contain toxic ingredients.

There are ways to clean your home without using harsh chemicals that can trigger your child's asthma symptoms.

For more information, see the
"Green Cleaning"
informational handout:

www.southsidekidsasthma.org/wp-content/uploads/2019/02/SSPAC_Green-Cleaning.pdf

South Side PEDIATRIC ASTHMA CENTER

Green Cleaning

Here are ways to clean without using harsh chemicals that can trigger asthma symptoms.

All Purpose Cleaner

Ingredients: <ul style="list-style-type: none">2 Cups White Distilled Vinegar2 Cups WaterSpray Bottle	Directions: <ul style="list-style-type: none">Mix the 2 cups of vinegar and 2 cups of water in spray bottle.
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Uses and Tips: Use on hard surfaces like countertops and kitchen floors, windows and mirrors. Warm the cleaner in a microwave until almost hot. This will boost the cleaning power for tough jobs. Only microwave the cleaner in a glass container.

All Purpose Cleaner for Floors

Ingredients: <ul style="list-style-type: none">3 Cups White Distilled Vinegar1 Gallon Water	Directions: <ul style="list-style-type: none">Mix the 3 cups of vinegar and 1 gallon of water for floors.
---	--

Toilet Bowl Cleaner

Ingredients: <ul style="list-style-type: none">Baking SodaVinegar	Directions: <ul style="list-style-type: none">Sprinkle toilet bowl with baking soda and drizzle with vinegar.Let soak for at least 30 minutes and then scrub with toilet brush.
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Uses and Tips: To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

Source and for more tips: www.womensvoices.org

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Green Cleaning

to clean without using harsh chemicals that trigger asthma symptoms.

Polish

Ingredients: <ul style="list-style-type: none">1/2 Cup Distilled Vinegar1/2 Cup Olive Oil1/2 Cup White Distilled VinegarShake well before using.1/2 Cup Lemon Juice	Directions: <ul style="list-style-type: none">Mix 1/2 cup of olive oil with 1/2 cup of white distilled vinegar.Shake well before using.1/2 Cup Lemon Juice: This is to add lemon juice, this is to add lemon juice, just be kept in the
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Soda

Ingredients: <ul style="list-style-type: none">4 cups baking soda1/2 cup vinegar1/2 cup oil	Directions: <ul style="list-style-type: none">Four baking soda down the drain and then pour vinegar down the drain.Cover and let sit for at least 30 minutes.Flush with boiling water.
--	---

Prevent your shower from clogging by using a drain trap to

Source and for more tips: www.womensvoices.org

For questions and resources, call 1 (833) 327-8462. www.SouthSideKidsAsthma.org

This document is only to provide information. Talk to your doctor about treatment for you. Health Literacy and Plain Language Translation by UChicago Medicine Diversity, Inclusion and Equity Department 11-22-2019 Page 2 of 2

Sources:

"Asthma at Home." *American Lung Association*, 2018,
www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/creating-asthma-friendly-environments/asthma-at-home.html

"Safe Cleaning Products." *Women's Voices for the Earth*, 2017,
<https://www.womensvoices.org/avoid-toxic-chemicals/diy-recipes/>

Information for Parents

Managing Your Child's Asthma

Work with daycare, school, camps and other caretakers to manage your child's asthma when they are away from home.

Talk With People and Ask Questions

- Talk about your child's asthma triggers with staff.
- Know the facility's asthma emergency plan.
- Have required medical documents.
- Ask if your child has immediate access to asthma medication.
- Ask if staff is trained on how to recognize asthma symptoms and respond in an emergency.
- Make sure the facility has your current contact information.
- Submit all required documents with medical information.

What to Do with Your Child's Asthma Action Plan

- Keep an updated asthma action plan with you at all times.
- Review the plan with doctor at each visit. Ask questions if there is anything you do not understand.
- Review the asthma action plan with your child.
- Give a copy of asthma action plan to all caretakers of the child.
- Follow the asthma action plan.

Sources:

"Asthma Action Plan." *Asthma and Allergy Foundation of America*, 1995-2018, www.aafa.org/page/asthma-treatment-action-plan.aspx

"Create an Asthma Action Plan." *American Lung Association*, 2018, www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan.html,

"Student Health and Wellness – Chronic Disease, Asthma." *Chicago Public Schools*, 2018, <https://cps.edu/oshw/Pages/HealthPolicies.aspx>

Information for Parents

Keeping Your Home Asthma Friendly

Ideas for Controlling Asthma Triggers in the Home:

- Ban all smoking inside the home. If you need help to quit smoking, call the Illinois Tobacco Quit Line at 1 (866) QUIT-YES 1 (866) 784-8937.
- Remove carpeting if possible. If not, vacuum carpet daily.
- Try **not** to keep a large amount of stuffed animals in your child's room.
- Wash all bedding (pillows, sheets and blankets) weekly in hot water.
- Store all food in airtight containers.
- Use an exhaust fan in the bathroom to reduce growth of mold and mildew.
- Close windows and use the air conditioner on hot days and when the pollen count is high.
- Follow green cleaning tips to reduce the use of harsh chemicals.
- Do **not** use harsh chemicals, perfumed cleaners, scented candles or sprays.



Sources:

"Asthma at Home." *American Lung Association*, 2018,

www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/creating-asthma-friendly-environments/asthma-at-home.html

"Illinois Tobacco Quit line." *Illinois Department of Public Health American Lung Association in Illinois*, 2018, <https://quityes.org/index.php>

Information for Schools

Ways School Staff Can Help Children with Asthma

- Know all the students who have asthma.
- Keep an up-to-date asthma action plan on file for each student with asthma.
- Talk with them about the student's asthma triggers.
- Require the student to have their rescue inhaler at all times.
- Monitor student for symptoms.
- Inform school nurse and student's parents if the student has frequent asthma symptoms.

Physical Education Teachers and Coaches Can Help

- Allow the student adequate warm up before activity.
- Watch the student for symptoms during physical activity.
- If weather and environmental conditions are bad, the student may need to be excused from physical activity.

Keeping Your Facility Asthma Friendly

- Choose one staff member (and backup) to have access to asthma action plans at all times in case the school nurse is not available.
- Each student with asthma should have a rescue inhaler available at all times.
- Provide easy access to rescue inhaler for students who need help using their inhalers.
- Provide in-services and training on asthma (including the symptoms, triggers and management of asthma) for staff and volunteers.
- Provide asthma self-management education for students.
- Have a tobacco-free environment and promote with signs and other messaging.

Sources:

Create an Asthma Action Plan." *American Lung Association*, 2018,

www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan.html

"Healthy CPS - Office of Student Health & Wellness." *Chicago Public Schools*, 2018,

https://cps.edu/OSHW/Documents/AsthmaManagementReferenceSheet_English.pdf

"Improve Asthma Management in Schools." *American Lung Association*, 2018,

www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-in-schools.htm

Information for Camps and Daycare

Ways You Can Help Children Manage Their Asthma

- Know all children who have asthma.
- Require an up-to-date asthma action plan in order to be admitted into camp or daycare center.
- Keep a copy of asthma action plan on site and bring when child is offsite.
- Talk about asthma triggers with the parents and child.
- Require the child to have their rescue inhaler at all times.
- Allow the child adequate warm up before activity.
- If weather and environmental conditions are bad, the student may need to be excused from physical activity.
- Watch the child for symptoms.
- Tell the parents if the child has frequent asthma symptoms.

Keeping Your Facility Asthma Friendly

- Choose one staff member (and backup) to have access to asthma action plans at all times if the director is not available.
- Each child with asthma should have a rescue inhaler available at all times.
- Provide easy access to rescue inhaler for children who need help using it.
- Provide in-services and training on asthma (including the symptoms, triggers and management of asthma) for staff.
- Provide asthma self-management education for children.
- Have a tobacco-free environment and promote with signs and other messaging.

Sources:

"Asthma Action Plan." *Asthma and Allergy Foundation of America*, 1995-2018, www.aafa.org/page/asthma-treatment-action-plan.aspx

"Create an Asthma Action Plan." *American Lung Association*, 2018, www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan.html

"Improve Asthma Management in Schools." *American Lung Association*, 2018, www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-in-schools.html

Asthma Resources

- **South Side Pediatric Asthma Center (SSPAC)**
www.southsidekidsasthma.org
A multi-institution partnership. We believe better access to care, standardized treatment and education will improve health outcomes for children with asthma on the South Side of Chicago.
- **South Side Pediatric Asthma Center Asthma Resource Line**
1-833-3ASTHMA
Toll-free resource line to call for questions about asthma, resources in the community, and to get connected to your assigned doctor.
- **American Lung Association (ALA)**
www.lung.org
America's trusted source for lung health education, lung disease research, support, programs, services and advocacy.
- **The Asthma and Allergy Foundation of America (AAFA)**
www.aafa.org
A not-for-profit patient organization for people with asthma and allergies, and the oldest asthma and allergy patient group in the world.
- **Centers for Disease Control (CDC)**
www.cdc.gov
The nation's health protection agency.
- **Chicago Asthma Consortium (CAC)**
www.chicagoasthma.org
A coalition of individuals dedicated to improving the quality of life for people with asthma through advocacy, education and collaboration.
- **Metropolitan Tenant's Organization (MTO)**
www.tenants-rights.org
Tenants' rights advocates who educate, organize, and empower tenants to exercise their human right to affordable and safe housing.
- **Respiratory Health Association (RHA)**
www.lungchicago.org
A local public health leader since 1906, RHA addresses asthma, COPD, lung cancer, tobacco control and air quality with a comprehensive approach.

SSPAC Education Materials Available

www.SouthSideKidsAsthma.org

General Information about Asthma

- What is Asthma
- Asthma Tips and Facts
- Asthma Action Plan
- Understanding Your Asthma Action Plan
- Green Cleaning

Asthma Triggers

- Know Your Asthma Triggers
- Air Pollution Can Trigger Asthma
- Cockroaches or Roaches Can Trigger Asthma
- Cold Air Can Trigger Asthma
- Dust and Dust Mites Can Trigger Asthma
- Hot Humid Air Can Trigger Asthma
- Mold Can Trigger Asthma
- Pets Can Trigger Asthma
- Pollen Can Trigger Asthma
- Rodents Can Trigger Asthma
- Smoke Can Trigger Asthma
- Staying Active with Asthma

Asthma Medications

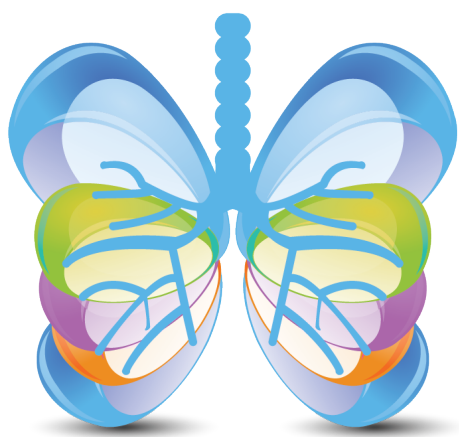
- Medications to Manage Asthma
- Taking Antihistamines for Allergies
- Taking Inhaled Bronchodilators for Asthma
- Taking Leukotriene Modifiers for Asthma

Asthma Devices

- Getting Your Inhaler Ready to Use
- Using Your Diskus
- Using Your Inhaler with Spacer
- Using Your Inhaler with Spacer and Mask
- Using Your Nebulizer
- Using Your Redihaler
- Using Your Spacer is Important
- Using Your Twisthaler

Notes

[illegible]



South Side
**PEDIATRIC
ASTHMA
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