

## Breathe Easy!

*The school nurse is a valuable resource for both students with asthma and their caregivers. The American Lung Association offers a variety of tools that keep children healthy, in school and ready to learn.*

### Asthma-Friendly Schools Initiative®

**Aligns with the CDC's Coordinated School Health model**

The Asthma-Friendly Schools Initiative provides a framework and tools that communities and schools can use to develop a comprehensive approach to asthma management, including planning tools, policy recommendations, and education programs.

A robust toolkit makes it easy to choose programs based on local needs and resources. Your local Lung Association is available to help guide you. Learn more at [www.Lung.org/afsi](http://www.Lung.org/afsi).

### Open Airways For Schools®

**Approved and recommended by the National Association of School Nurses**

Over 40,000 U.S. schools have used this program to educate children ages 8-11 about asthma. The program strives to improve self-management skills, decrease asthma emergencies, raise awareness among parents and promote broader asthma management coordination among students, parents and schools.

Six 40-minute sessions incorporate group discussion, stories, games and role play. Topics include:

- Basic asthma education
- Identifying and controlling asthma triggers
- Recognizing and managing asthma symptoms
- Getting exercise, doing well at school
- Understanding asthma medicines

Learn more at [www.Lung.org/openairways](http://www.Lung.org/openairways).

### Asthma Educator Institute®

**Reflects National Asthma Education and Prevention Program guidelines**

The Asthma Educator Institute is a two-day professional development course for clinicians committed to providing National Institutes of Health (NIH) asthma guideline-based care. The Institute also serves as a preparatory course for those qualified to take the National Asthma Educator Certification Board (NAECB) exam. Course objectives include:

- Learn best practices in asthma education
- Identify various roles of the asthma educator
- Help prepare participants to pass the NAECB exam

Learn more at [www.Lung.org/asthma](http://www.Lung.org/asthma).

### Guide to Asthma Policy for Housing and Schools

**Help create asthma-friendly environments in your community**

The American Lung Association has established policy recommendations and compiled resources to support the work of community advocates and policy-makers focused on asthma policy in homes and schools. Find tools, templates, and resources that can help move asthma policy forward at [www.Lung.org/astmapolicyguide](http://www.Lung.org/astmapolicyguide).



# Resources to help educate students and parents alike.

## Get Involved

Join our mission to save lives by preventing lung disease, promoting lung health and assuring healthy air. Lend your voice...give your time...join a local event...share your story with others...your help is greatly needed.

### Become an advocate

Learn how the American Lung Association is fighting for air and how you can help!

### Volunteer

We are grateful for the support of hundreds of thousands of volunteers nationwide. Contact your local Lung Association to learn how your unique skills can support our work.

### Connect with your local Lung Association

Visit [www.Lung.org](http://www.Lung.org) to find your local Lung Association office to learn about upcoming events. Or put your lungs to good use by helping raise funds for lung disease research and health education.

### Be social with us

Keep up with us on Twitter, Facebook, Flickr and YouTube.



### Join us!

Learn more at [www.Lung.org/get-involved](http://www.Lung.org/get-involved)

## Lungtropolis® Where Kids with Asthma Learn to Play

**For ages 5 to 10**

Kids and parents alike will love visiting Lungtropolis ([www.lungtropolis.com](http://www.lungtropolis.com)), a FREE, fun-filled web site.

**Lungtropolis Kids** When kids visit Lungtropolis, they become asthma control agents and conquer the mucus mob. While playing, they learn how to control their asthma.

**Lungtropolis Parents** Lungtropolis Parents guides you through steps to help recognize and manage your child's asthma symptoms. Interactive quizzes and questionnaires make it easy to learn how to keep your child healthy and active.

*Developed by ORCAS in partnership with the American Lung Association.*



## Asthma Basics

Asthma Basics is a 50-minute online learning tool that helps people learn about asthma. The course is ideal for anyone with asthma, parents, caregivers, friends, and family. Participants learn to:

- Identify and manage asthma symptoms
- Understand the value of an Asthma Action Plan
- Respond to a breathing emergency

Asthma Basics includes videos and printable documents, plus animated graphics that show the three primary changes in the airways during an asthma episode.

To learn more, visit [www.Lung.org/asthmabasics](http://www.Lung.org/asthmabasics).

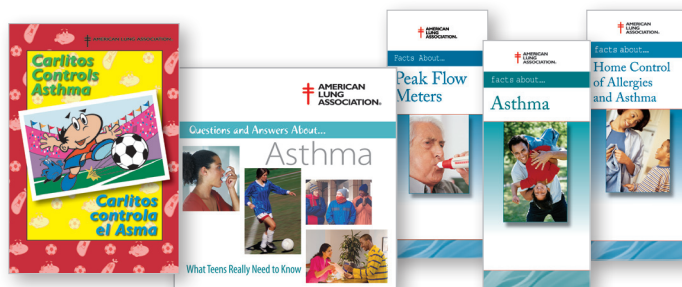
## Lung Helpline

**1-800-LUNGUSA (1-800-586-4872)**

The American Lung Association Lung Helpline is a free resource to provide answers to your questions about asthma and other lung diseases. Trained nurses and respiratory therapists are standing by to take your call.

## Order affordable health education materials.

Support your school's outreach initiatives with reader-friendly asthma booklets and brochures available through our publisher, Krames StayWell. View the complete portfolio and order at [kramestore.com/ala](http://kramestore.com/ala).



**Learn More!** Call 1-800-LUNGUSA (1-800-586-4872) or visit [www.Lung.org/asthma](http://www.Lung.org/asthma) today.