

## Breathe Easy!

*As parents, you want to keep your child safe. The American Lung Association has created a number of resources to help you and your child learn how to manage asthma, so you can both breathe easier.*



### Lungtropolis® Where Kids with Asthma Learn to Play

**For ages 5 to 10**

If you have a child with asthma, Lungtropolis ([www.lungtropolis.com](http://www.lungtropolis.com)) is the web site to visit together. You'll find action-packed games designed to help kids control their asthma — plus advice for parents like you.



#### *Lungtropolis Kids – let's play!*

The city of Lungtropolis is under attack from the mucus mob, and it's up to your child to save it! When kids visit Lungtropolis, they become asthma control agents and conquer the mucus mob. While playing, they watch videos and get helpful tips to 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.

*Lungtropolis was 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:

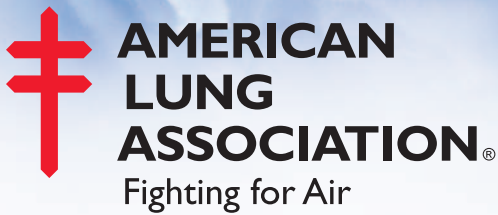
- Recognize and manage asthma symptoms
- Identify and reduce asthma triggers
- Understand the value of an Asthma Action Plan
- Respond to a breathing emergency

Asthma Basics includes videos and printable documents, plus animation that shows what happens to the airways during an asthma episode.

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

### Freedom From Smoking® Online

Are you ready to quit smoking? Get the support you need on [www.ffsonline.org](http://www.ffsonline.org).



# Get the information and support you need, when you need it.

## 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)

## Lung HelpLine

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.

### *Have a question?*

Call the American Lung Association Lung HelpLine at **1-800-LUNGUSA** or **1-800-586-4872** today.



## Get the latest information at [www.Lung.org/asthma](http://www.Lung.org/asthma)

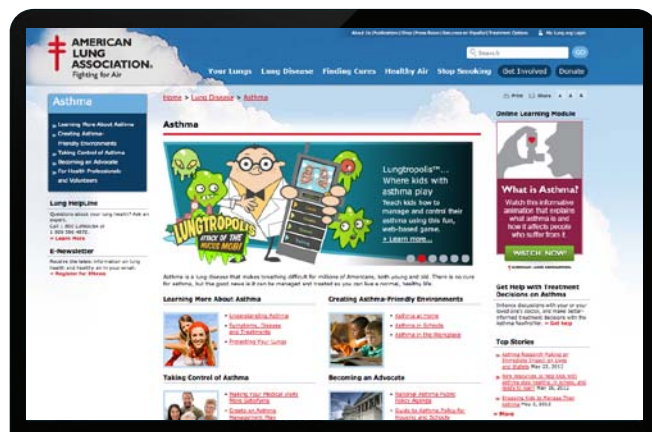
Visit our web site to learn more about asthma and asthma control, including:

- Making the most of your child's medical visits
- Creating an asthma management plan
- Understanding your child's asthma medications
- Monitoring your child's asthma symptoms
- Reducing asthma triggers and creating asthma-friendly environments at home and at school

Be sure to watch our "how-to" videos that teach the correct way to use an asthma inhaler and peak flow meter. Don't forget to sign up for one of our informative, FREE e-newsletters when you visit.

### *Help is a click away!*

Find a range of resources at [www.Lung.org/asthma](http://www.Lung.org/asthma) today.



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