

Be sure to tell all your teachers and friends about your asthma.

And be sure to talk to them about how they can help you if you are having symptoms.

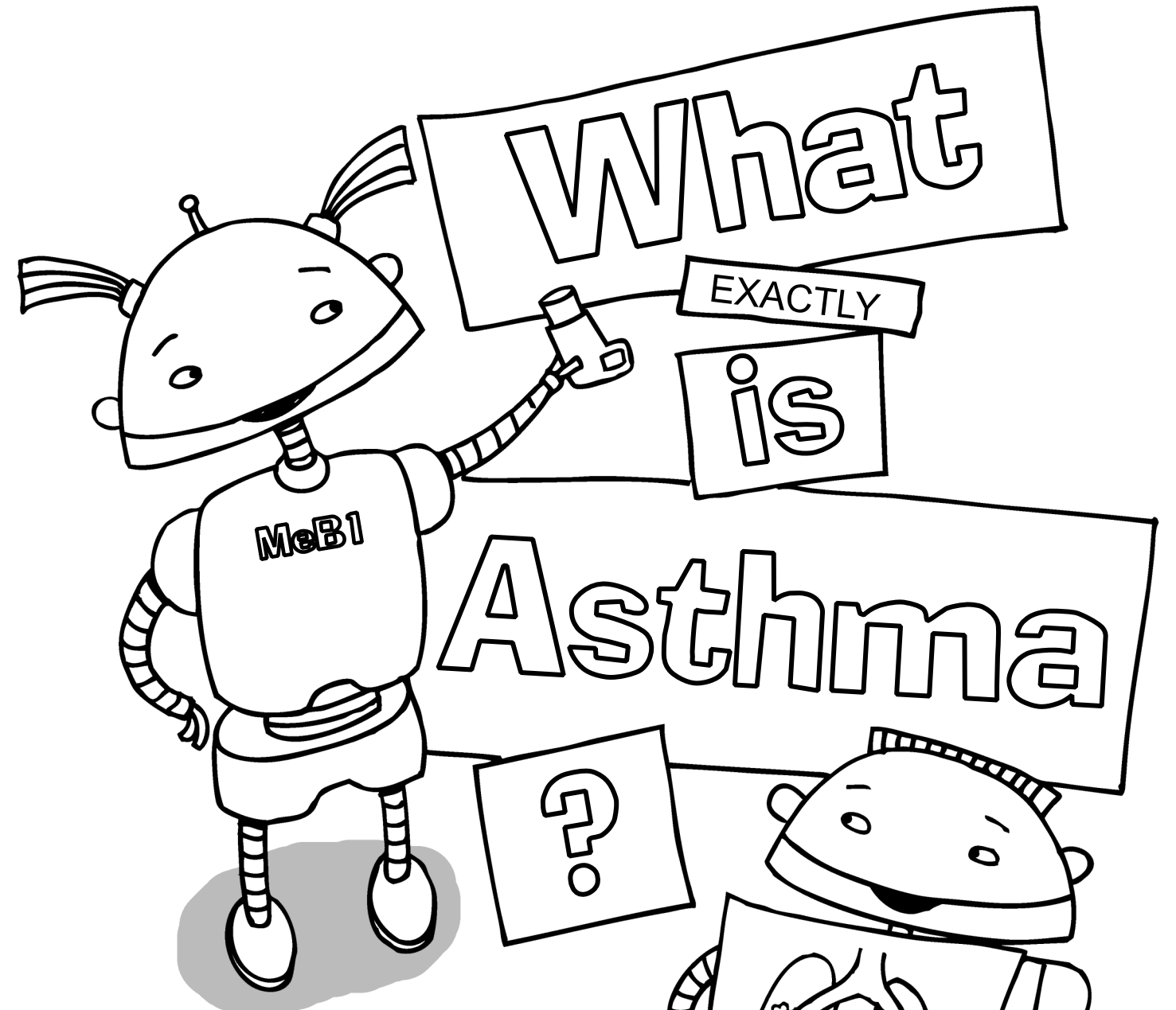
**Check out these ASTHMA FACTS:**

- ✓ You didn't do anything wrong to cause your asthma.
- ✓ Asthma is not contagious. You can't get it from being around someone with asthma.
- ✓ There are Olympic athletes that have asthma.

**Your Asthma Action Plan**

- Know and avoid asthma triggers.
- Take your medication as directed by your doctor
- Know what to do if you have an asthma attack.
- Know who or where to call if there's an asthma emergency.

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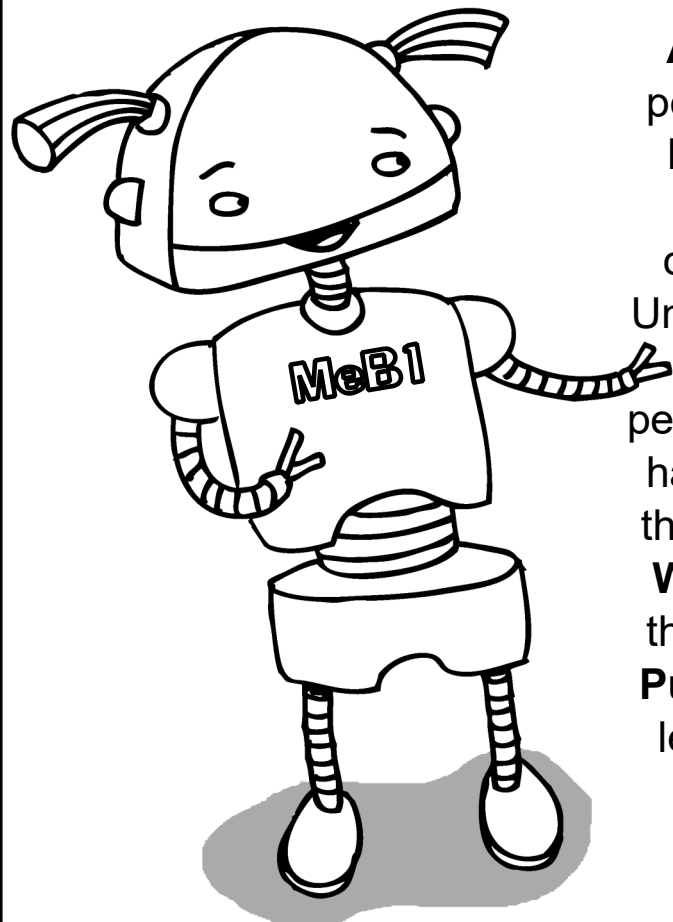


Learn all about asthma and your lungs with the **Well Me Bots™**

This coloring book is a publication of the

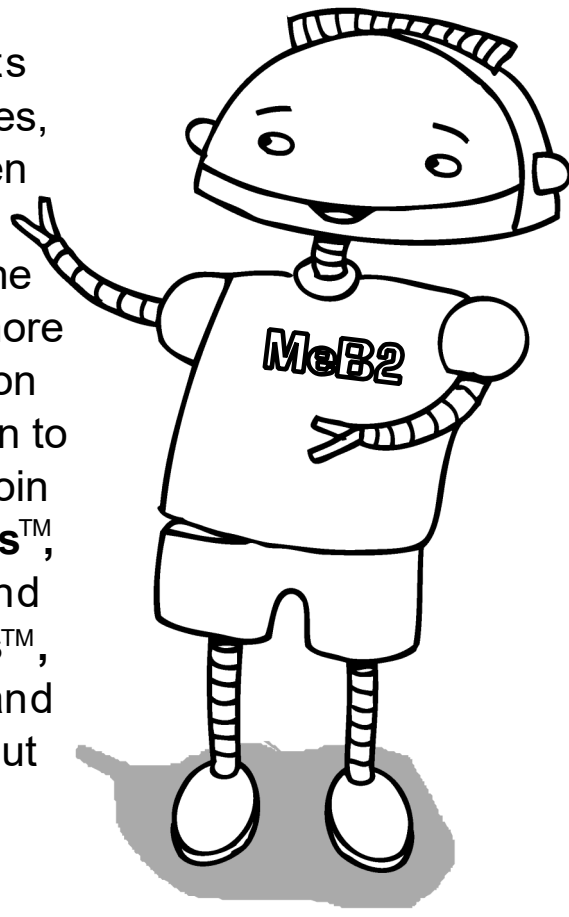


AT MARICOPA MEDICAL CENTER

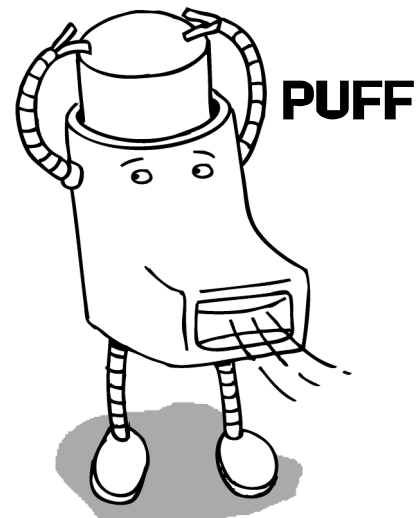


**MeB1**

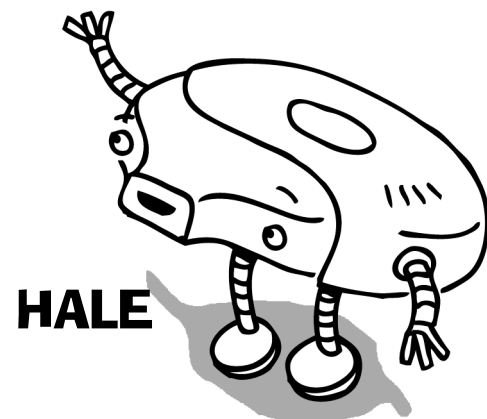
Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 25 million people are known to have **asthma**. Join the **Well Me Bots™**, **Well1** and **2**, and the **AsthmaBots™**, **Puff** and **Hale** and learn more about **asthma**.



**MeB2**



**PUFF**



**HALE**

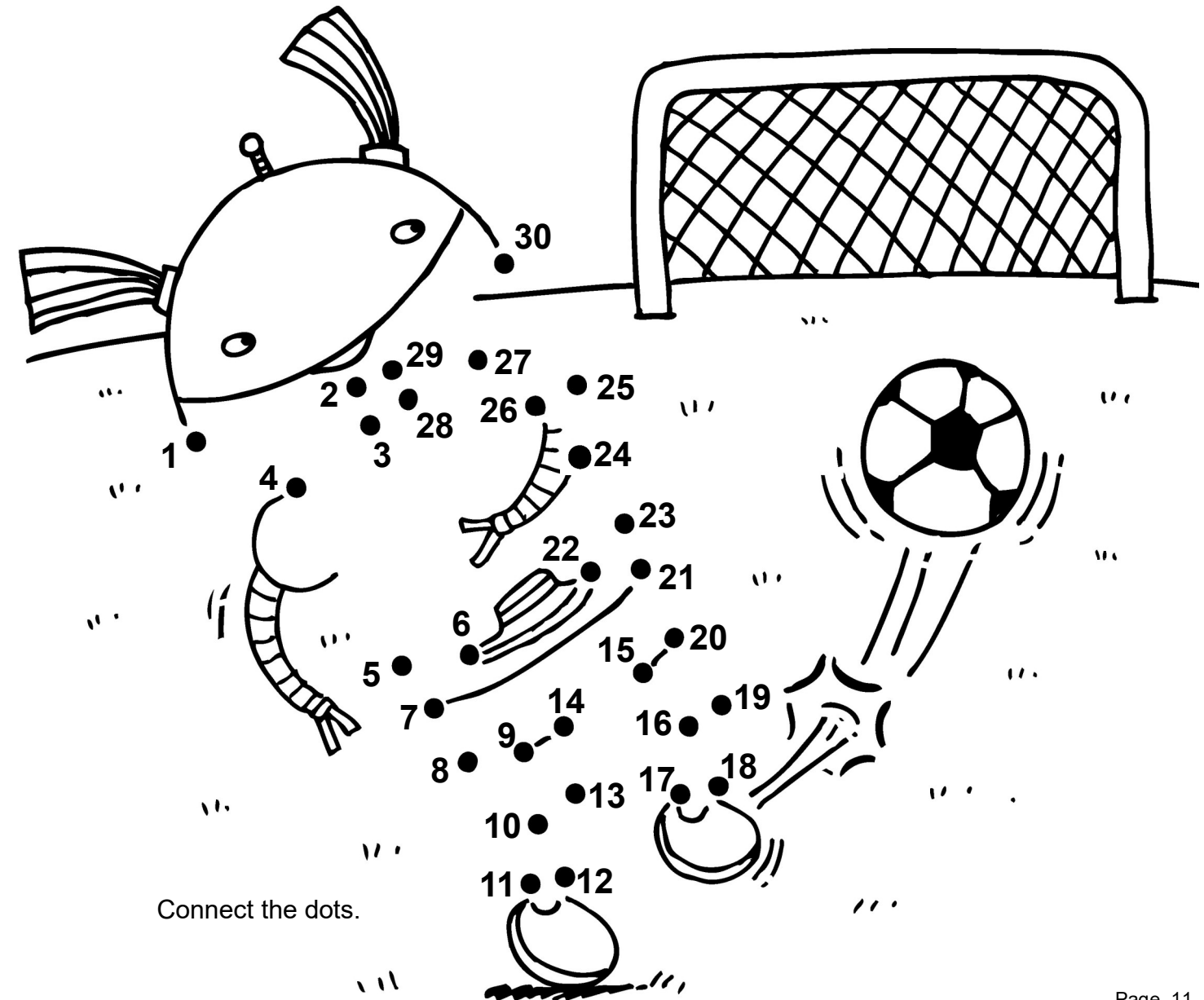
This book belongs to: \_\_\_\_\_

This book is available for download at  
[WellMeBot.com](http://WellMeBot.com) and [AsthmaBots.com](http://AsthmaBots.com)

# Make Your Goals!

*When you avoid triggers and take your medicine, you should be able to meet these goals:*

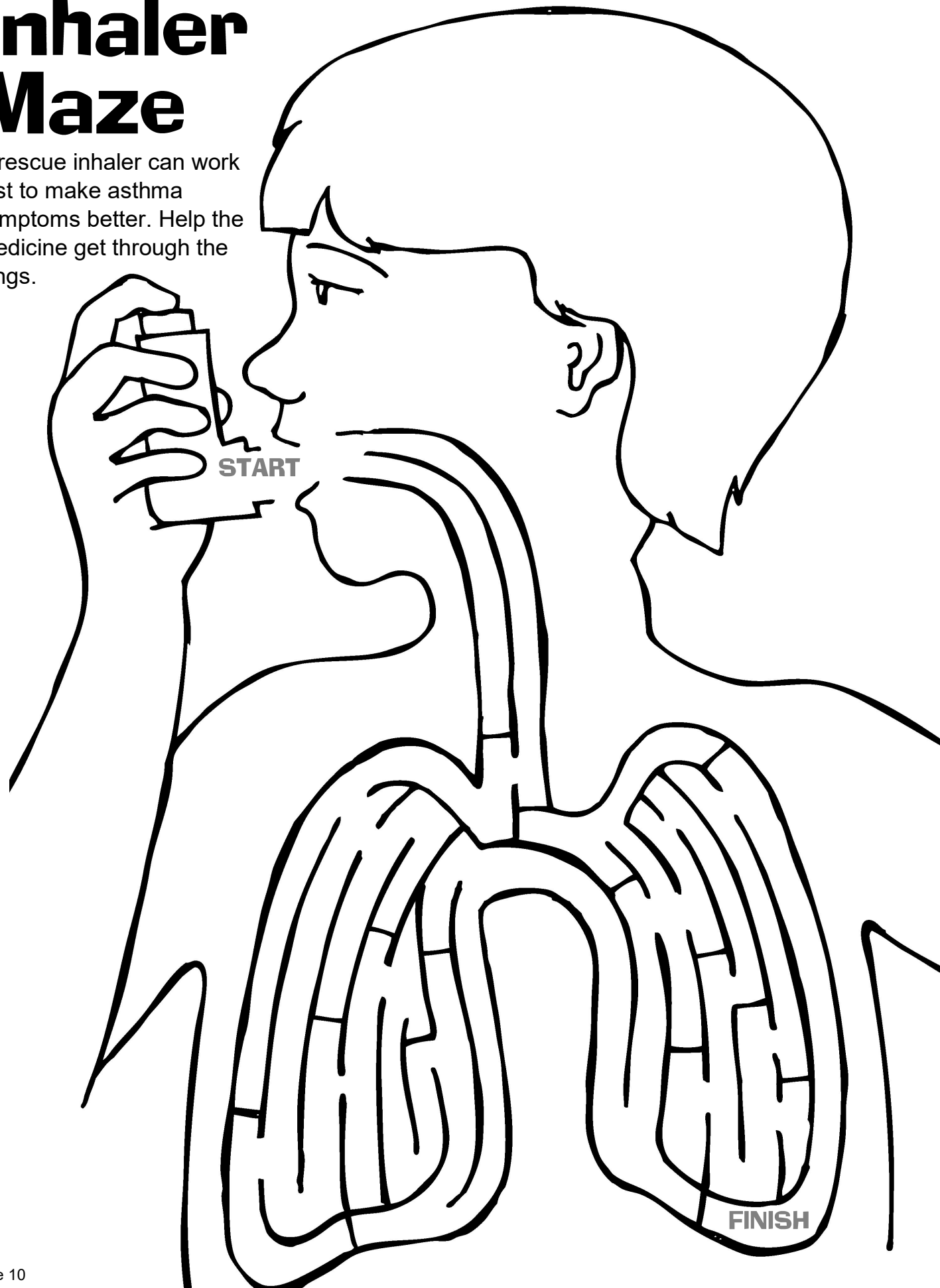
- ✓ **Not to have bad symptoms**
- ✓ **Not to miss out on activities**
- ✓ **Not to miss school**
- ✓ **Not to go to the emergency room**



Connect the dots.

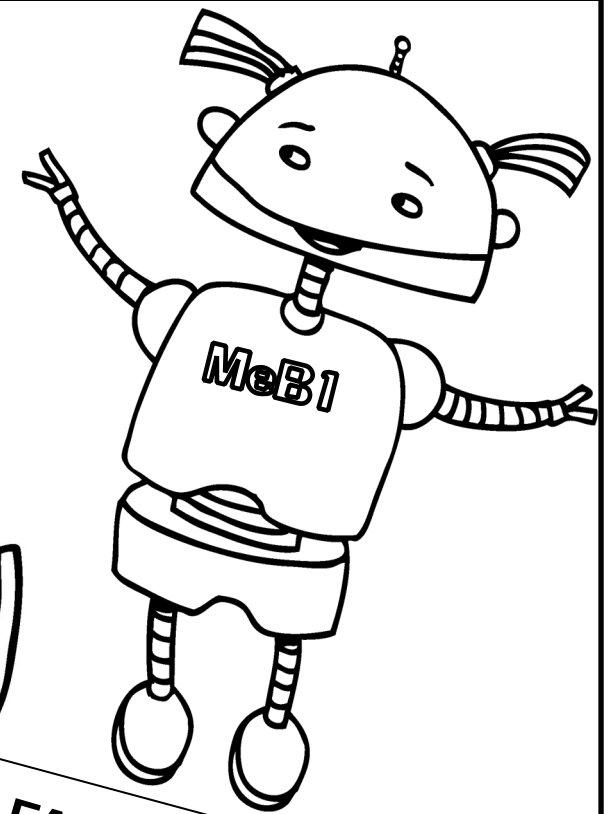
# Inhaler Maze

A rescue inhaler can work fast to make asthma symptoms better. Help the medicine get through the lungs.



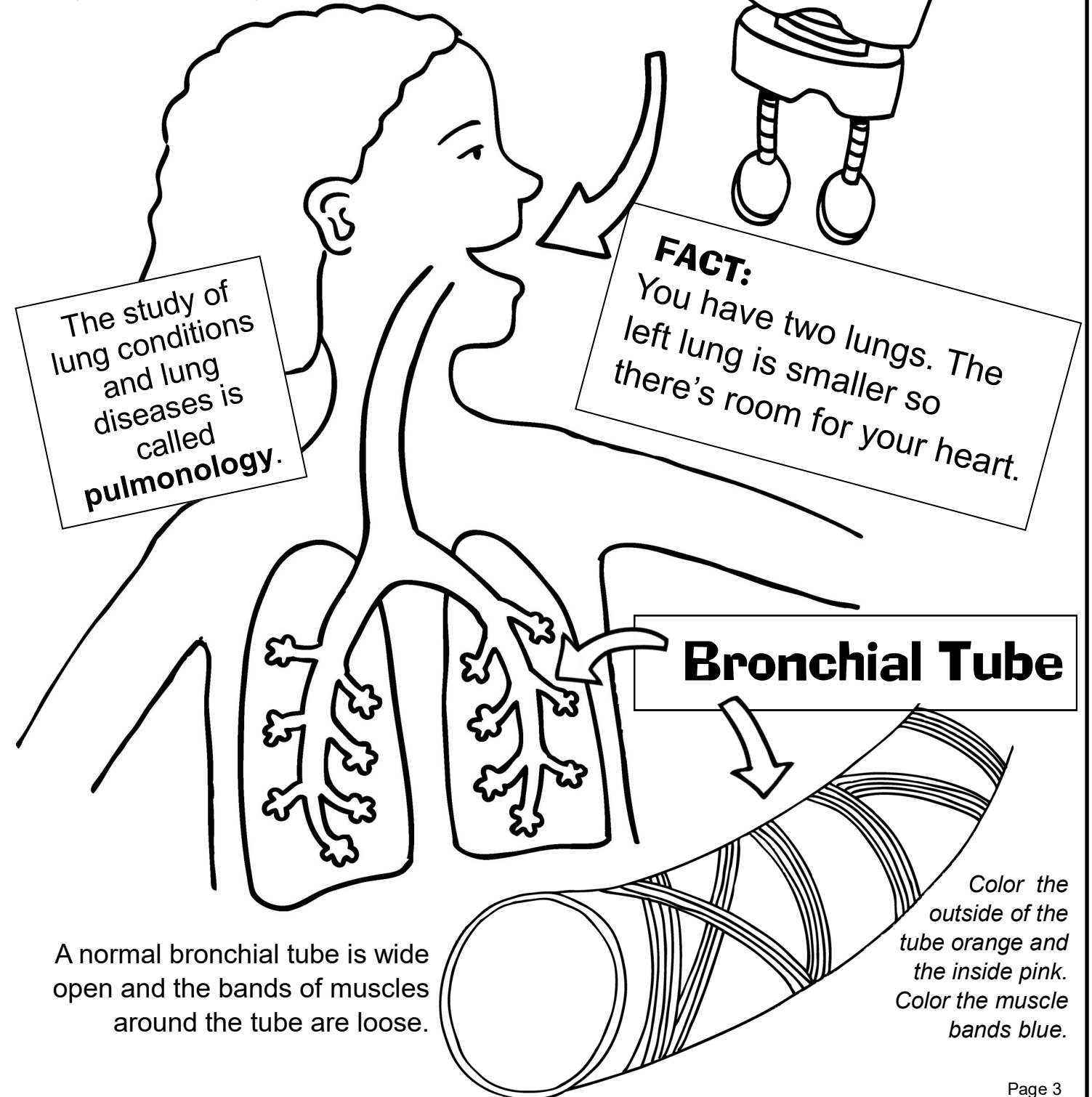
# What is Asthma?

Asthma is a condition that affects your lungs and may make it hard to breathe. When you breathe in, air travels into your lungs through your airway or bronchial tubes.



The study of lung conditions and lung diseases is called **pulmonology**.

**FACT:** You have two lungs. The left lung is smaller so there's room for your heart.



A normal bronchial tube is wide open and the bands of muscles around the tube are loose.

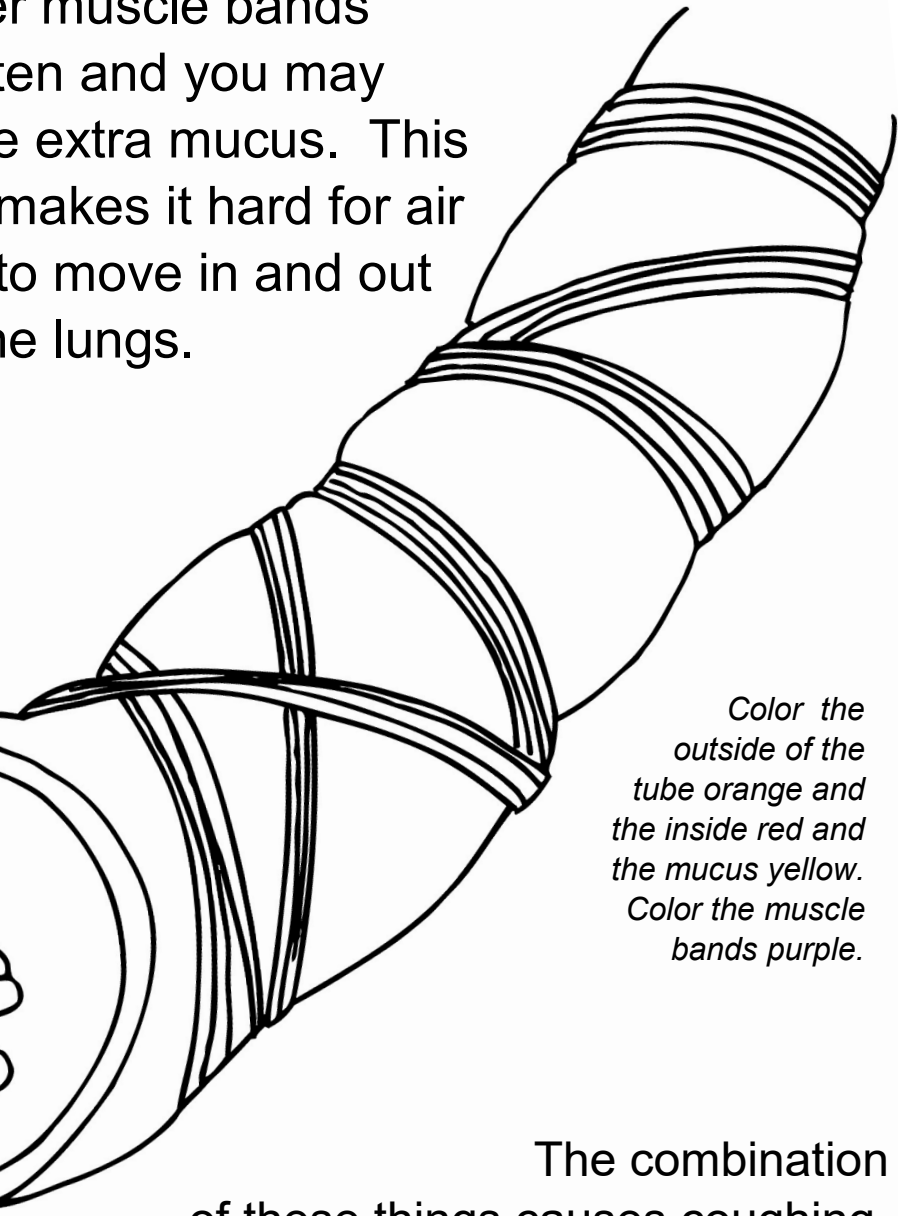
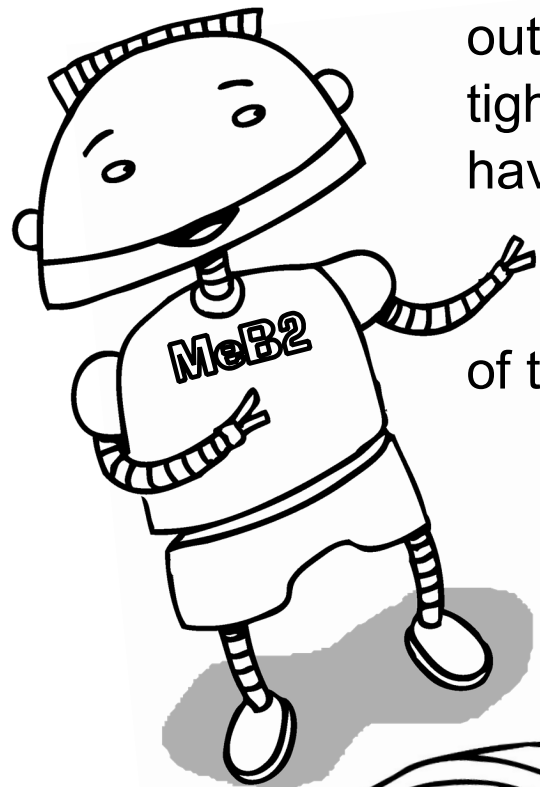
**Bronchial Tube**

Color the outside of the tube orange and the inside pink. Color the muscle bands blue.

# What Happens During an Asthma Attack?

When you have an asthma attack, the inside of your airway becomes swollen, or bigger, the

outer muscle bands tighten and you may have extra mucus. This makes it hard for air to move in and out of the lungs.



Color the outside of the tube orange and the inside red and the mucus yellow. Color the muscle bands purple.

Swollen airway

Mucus

The combination of these things causes coughing, wheezing (a whistling sound coming from your lungs), tightness in your chest or feeling like it's hard to breath. These are called symptoms.

In healthy lungs a light amount of mucus coats the inside of the airway and traps dirt and germs. During an asthma attack you may have lots of extra mucus.

# Word Search

Can you find all the words in the box on the left in the puzzle below? The words can be up, down, diagonal, forward or backwards.

- MEDICATION
- MOLD
- PETS
- POLLEN
- POLLUTION
- SMOKE
- SNEEZE
- ALLERGY
- ASTHMA
- DANDER
- DUST
- FUMES
- GRASS
- INHALER

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

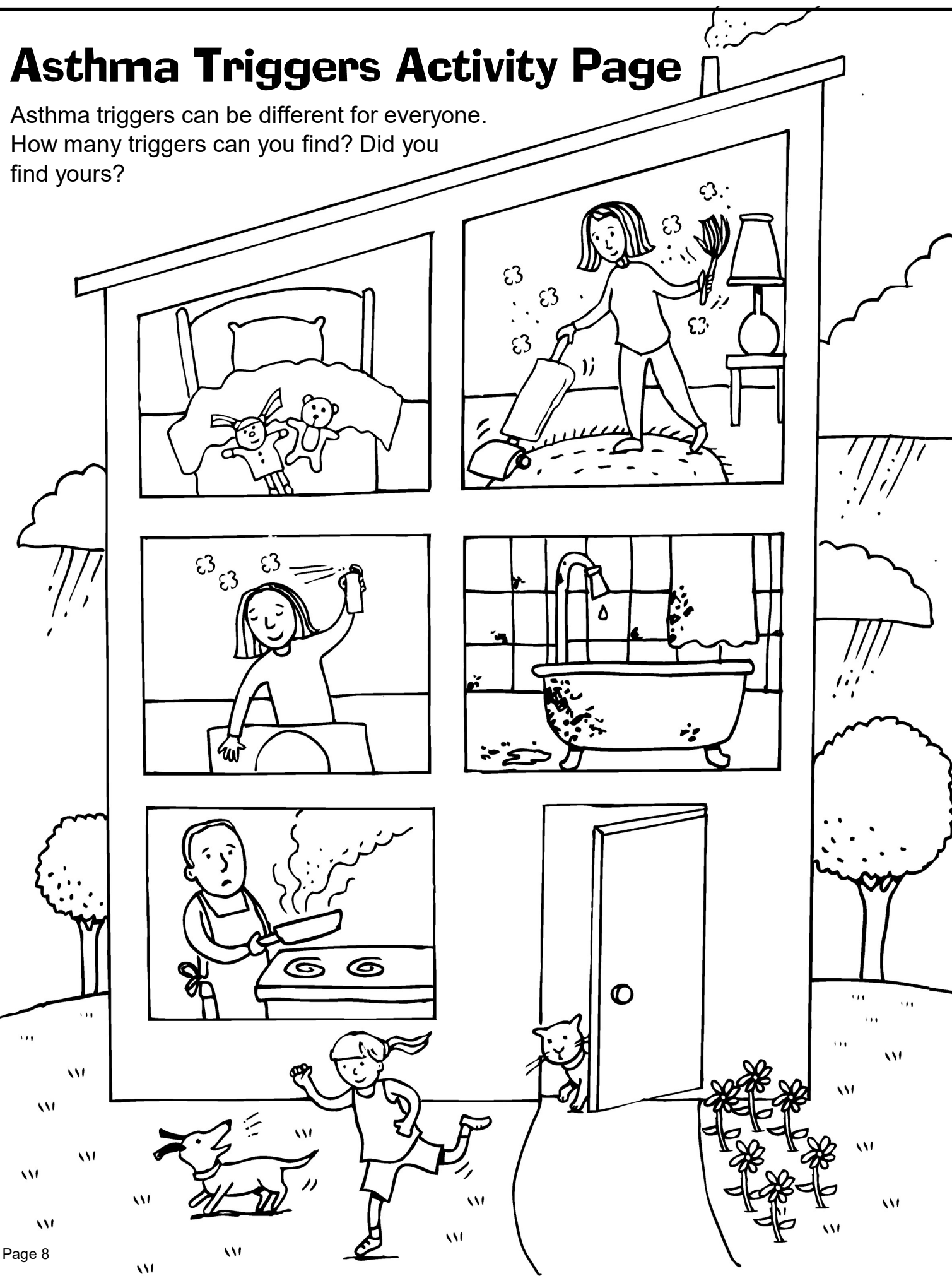
# Word Match

Draw a line from the word to the definition that matches.

- Asthma** Feeling sick because of an illness ( coughing, wheezing and shortness of breath)
- Triggers** A tube that carries air to your lungs
- Bronchial tube** Things that can make asthma symptoms worse
- Rescue inhaler** Something that helps to get your medicine all the way into your lungs
- Spacer** Medicine that works fast to make asthma symptoms better
- Symptoms** Study of lung conditions and diseases
- Pulmonology** Condition that affects your lungs and may make it hard to breath

# Asthma Triggers Activity Page

Asthma triggers can be different for everyone. How many triggers can you find? Did you find yours?

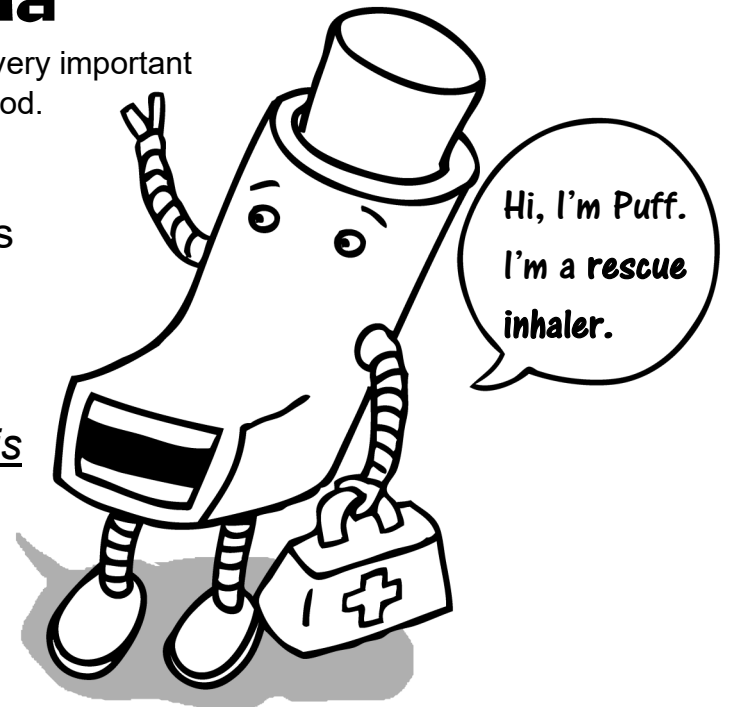


# Medicine for Asthma

There is medicine to help control your asthma. It is very important to take your medicine- even when you are feeling good.

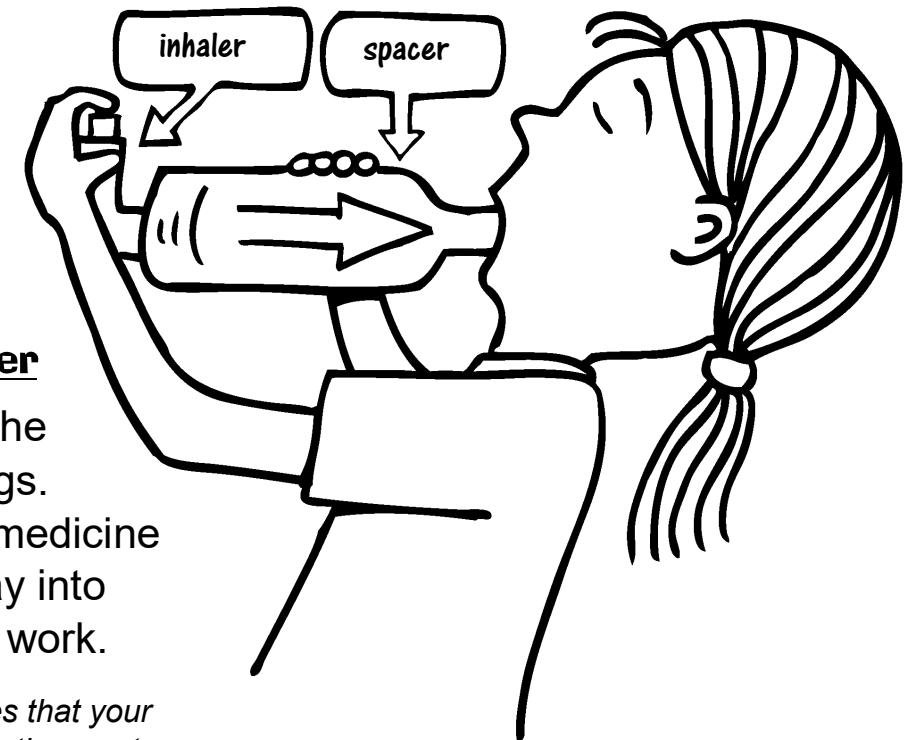
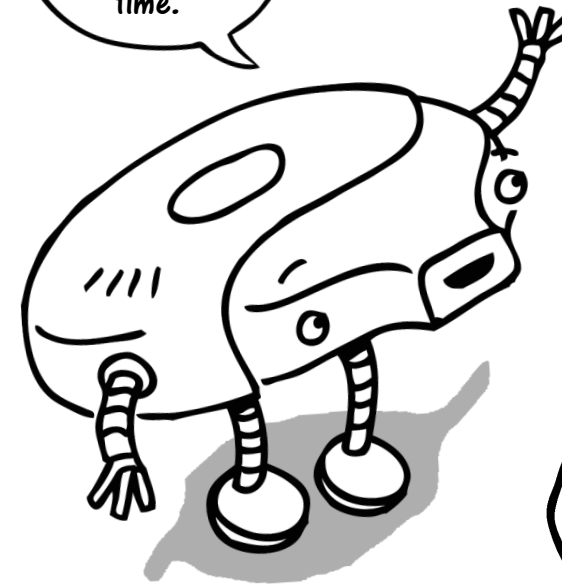
## Quick Relief

Quick relief, sometimes called rescue inhalers, work fast to make symptoms better. You should always have this with you.



## Long-term controllers

These are taken every day to keep your airways open and lessen the chance of symptoms.



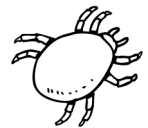
## Spacer

A spacer helps to get the medicine into your lungs. Without a spacer, the medicine might not go all the way into your lung where it can work.

*There are also other medicines that your doctor can prescribe if your asthma gets worse.*

# Asthma Triggers

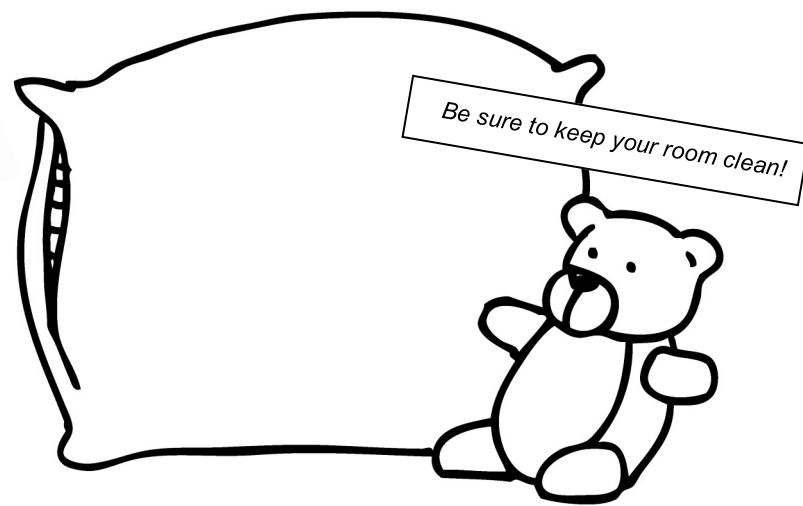
Asthma symptoms can be triggered, or worsened, by many different things. Some of them are:



## Dust Mites

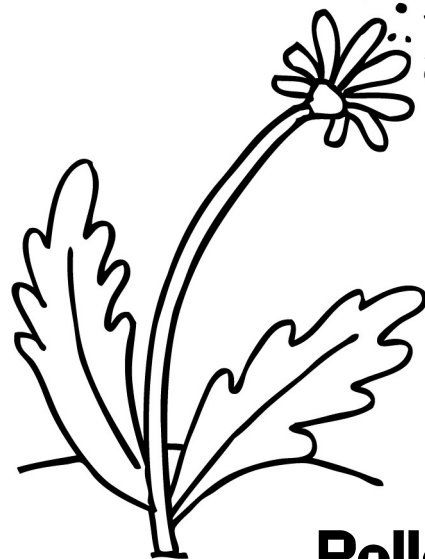
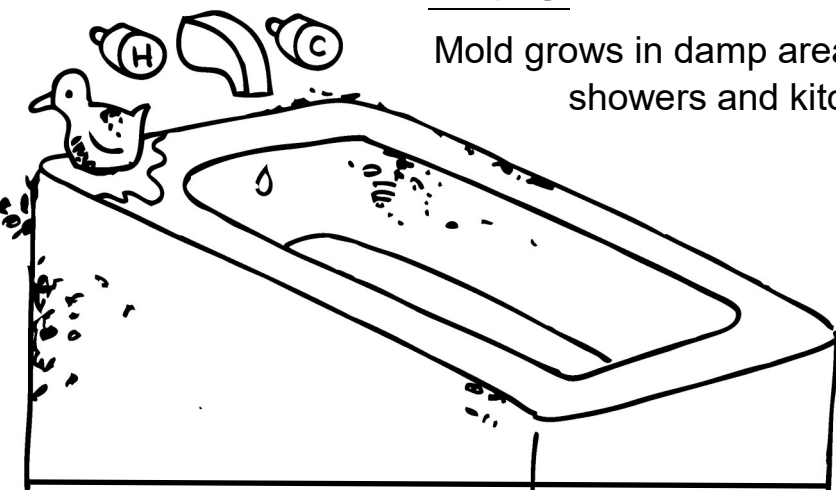


Dust mites are tiny little bugs. They can be found in many areas, including carpet, pillows, mattresses, sheets and stuffed animals.



## Mold

Mold grows in damp areas like showers and kitchens.

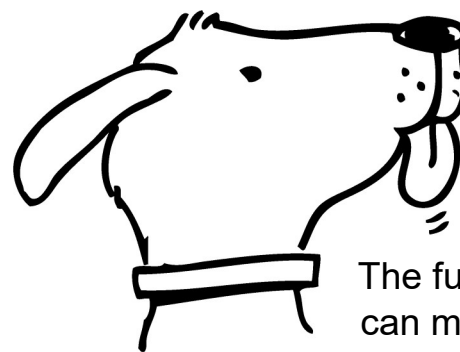
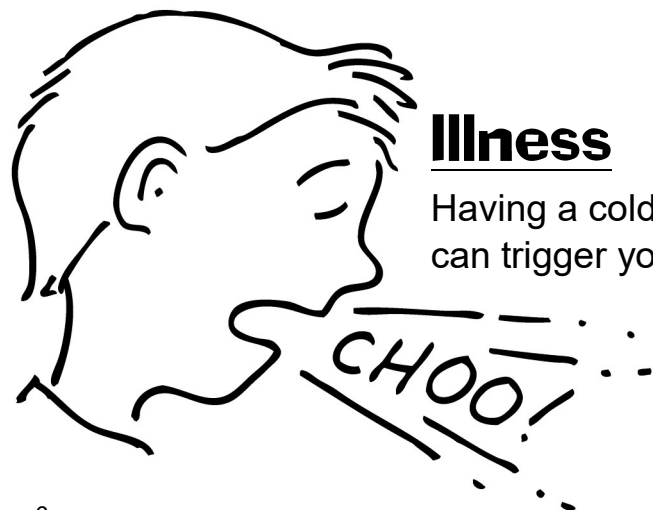


## Pollen

Pollen can trigger asthma from trees, grass and weeds during certain times of the year.

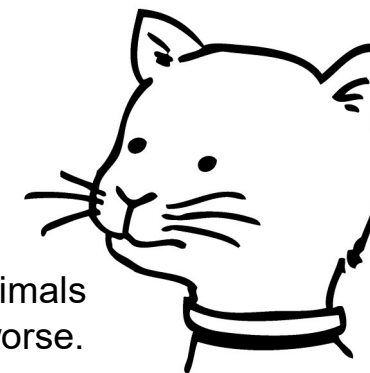
## Illness

Having a cold or getting sick can trigger your asthma.



## Animals

The fur, dander and drool of animals can make asthma symptoms worse.

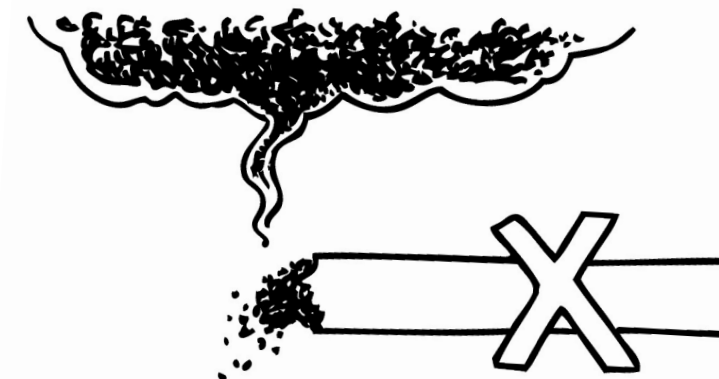


Be sure to wash your hands and face after touching animals.



## Exercise

Exercise can trigger asthma. If this is one of your triggers, talk to your doctor about what you can do before physical activity.



## Smoke

Smoke from cigarettes, campfires and grills can also be a trigger.

*If you are around someone that smokes, ask them not to smoke in the house or car.*



## Other triggers:

- Weather changes
- Cockroaches and their droppings
- Perfumes and aerosol sprays

