

ASTHMA ACTIVE



lung
health
starts
now



lung health
foundation



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ASTH0009

ASTHMA ACTIVE



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MEET RAVEN



RAVEN

KARATE AND TAEKWONDO ATHLETE AND CHAMPION



Meet Raven. He has asthma, but he doesn't let it stop him!

In fact, from the time he was very young, he has won many tournaments and trophies in Karate and Taekwondo world championships. Raven keeps his asthma under control.

Don't let your asthma stop you from playing sports or doing the fun things you like to do. Turn the page to start learning how.



If you know how
to manage your asthma,
you can do all the fun
things you want to do!

Picture your lungs like an upside down tree. The trunk of the lungs is called the wind-pipe or trachea (tray-kee-ah).

1 _____

2 m o u t h

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

Lining

Muscle bands

Normal Airway:
Lining is smooth and clear

Airway when you are having problems with your asthma

lungs

swelling

nose

airways

alveoli

mouth

windpipe

mucus

Another way air can enter your body if your nose is all plugged up

**The width of your
smallest airway is
less than the width
of a pin!!**

1 The inside of your airways become red and swollen just like when you scrape your skin and it gets red and puffy.

2 The muscle bands around the outside of your airways tighten up making it harder to get air in and out of your lungs.

3 You may also have extra mucus (phlegm) that makes you want to cough more.

WATCH OUT FOR YOUR TRIGGERS

so you can run around and play!

Everyone should be able to run around and play. Even kids with asthma. Things that bother your asthma are called "triggers". Here are some ways to help you stay away from your triggers:

1 Ask anyone who smokes to smoke outside and to smoke far away from you.



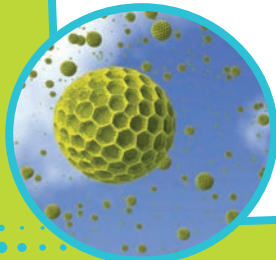
2 If dust bothers you, don't keep stuffed toys on your bed. Keep your bedroom clean.



3 If pets bother you, stay away from them.



4 Pollen are tiny grains from trees, grass or other outdoor plants. If they bother your asthma, keep windows closed at home and in the car.



5 If mould bothers you, do not jump in piles of leaves.

6 If cold air bothers you, wear a scarf over your nose and mouth.



7 If it is hot and smoggy outside, you may need to play inside.



8 To get rid of germs, wash your hands often using soap and water.



WHAT SETS YOU OFF?

Circle the things that can make asthma worse.

These are called asthma "triggers".
It is important to stay away from your triggers
whenever possible. Answers on pg 25



Unscramble these word clues to help you find the things that might set off your asthma!

1. ogd _ _ _ _
2. atc _ _ _ _
3. etre _ _ _ _
4. ssrag _ _ _ _
5. uldom _ _ _ _
6. okesm _ _ _ _
7. llutoinpo _ _ _ _
8. dolc ira _ _ _ _
9. scdlo _ _ _ _
10. repumef _ _ _ _
11. ainpt _ _ _ _
12. eanclers _ _ _ _
13. usdt _ _ _ _
items _ _ _ _

FIND THE ASTHMA TRIGGERS

Top left

Circle the things that can make asthma worse.

Answers on pg 25

ANIMALS
BIRD
CAT
CIGARETTE
CLEANER
COLD AIR
COLDS
DOG
DUST MITES
EXERCISE
FEATHERS
FLU
GLUE
GRASS
HAIRSPRAY
HAMSTER
HORSE
INFECTION
MOULD
MOUSE
ODOURS
PAINT
PERFUME
PETS
PLANTS
POLLEN
POLLUTION
RABBIT
RAGWEED
SMOKE
STRESS
TREES

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



Find the hidden message

- Once you've finished the word search on the left, find the letters that are not circled.
- Starting from the top left, go across each row and place the uncircled letters one by one in the blank spaces below until all the spaces are full.
- Then you'll solve the secret message.



STAY ACTIVE!

Being active should be fun. If you take care of your asthma well, you should be able to run around and play — just like the other kids. There are so many ways to be active:

- ✓ playing in the park
- ✓ skating
- ✓ swimming
- ✓ riding your bicycle
- ✓ dancing to your favourite song
- ✓ playing a musical instrument

If you have problems running around because of your asthma, tell your parent, teacher or coach.



To avoid problems

- 1 Bring a reliever puffer (usually blue) with you everywhere you go. If you can't carry your puffer, make sure an adult has one for you nearby in case you have problems breathing.
* To learn more about puffers, go to page 16 and 17.
- 2 You might need to take your reliever puffer 10 to 15 minutes before you start.
- 3 If you have any problems with your breathing while you are active, stop what you are doing. Tell an adult. You might need to use your reliever puffer. When your breathing feels better, you can start again.



TAKE CARE OF YOUR ASTHMA SO YOU CAN BE ACTIVE



SNOWBOARDING
BASEBALL
CURLING
SKATING
SOCCER
TENNIS
BASKETBALL
HOCKEY
SKIING
SQUASH
VOLLEYBALL
CANOEING
RACQUETBALL
SWIMMING



B	T	X	Q	C	G	T	D	I	G	W	X	G	V	B
S	G	O	X	M	B	R	Q	L	Y	E	K	C	O	H
S	N	O	W	B	O	A	R	D	I	N	G	K	L	X
W	I	V	W	P	V	C	S	K	I	I	N	G	L	G
Z	M	N	G	H	V	Q	A	K	D	T	C	E	E	U
X	M	K	N	N	E	U	J	N	E	Y	H	V	Y	U
W	I	I	U	E	I	E	D	F	O	T	K	N	B	G
H	W	E	N	N	T	T	S	G	E	E	B	Z	A	G
C	S	B	A	S	E	B	A	L	L	N	I	A	L	Q
R	W	I	B	D	R	A	R	K	D	R	R	N	L	X
M	H	Z	F	I	Q	L	I	E	S	E	U	S	G	L
Z	P	P	G	N	I	L	R	U	C	H	P	B	L	H
C	L	W	H	N	D	H	B	C	L	X	M	H	M	P
E	X	Y	W	Z	B	X	O	W	N	A	N	S	V	U
O	W	X	H	B	H	S	A	U	Q	S	S	T	R	I

The list doesn't end here!
Think of something else.

If your asthma is managed,
you should be able to play
that sport too.

Turn to page 25 to find the solutions.



ASTHMA MEDICINES

When you have asthma, your doctor will usually prescribe two kinds of medicines for you to use.

CONTROLLER medicines are usually taken every day to keep your asthma under control.

CONTROLLER MEDICINE

- is taken every day to control asthma
- prevents asthma symptoms
- prevents swelling and redness in your lungs
- ★ After using your controller medicine you should rinse your mouth, gargle and spit.

CONTROLLERS



Controller medicines are used every day!



RELIEVER medicine is used when you have asthma symptoms such as cough, wheeze, when it's hard to breathe or when you have a tight feeling in your chest.

RELIEVERS

Reliever puffers are used when it is hard to breathe!



RELIEVER (RESCUE) MEDICINE

- is taken when you have asthma symptoms (i.e. coughing, wheezing, difficulty breathing)
- helps to loosen the tight muscle bands around your airways

** Bring a reliever puffer (usually blue) with you everywhere you go.*

If you can't carry your own puffer, make sure an adult has one for you nearby in case you have problems breathing. You should have the reliever puffer in a place where you can get it quickly when you need it.

SPACERS

- A spacer is a long tube with a valve that is used with asthma puffers. When you use a spacer it makes it easier to get medicine into your lungs.



IS YOUR ASTHMA UNDER CONTROL?

Take the following challenge to find out if your asthma is well controlled.

- 1 Does your asthma stop you from playing sports or doing fun things you like to do? ☐ Yes ☐ No
- 2 Do you need to use your reliever puffer (usually blue) more than 3 times per week? ☐ Yes ☐ No
- 3 Do you have asthma symptoms (coughing, wheezing, tight feeling in your chest or find it hard to breathe) more than 3 times per week? ☐ Yes ☐ No
- 4 Have you had to go to the hospital or doctor's office because of your asthma? ☐ Yes ☐ No
- 5 Have you missed school because of your asthma? ☐ Yes ☐ No
- 6 Do you wake up even one night a week because of your asthma? ☐ Yes ☐ No

If you answered "YES" to ANY of these questions, you need to let your mom or dad know. It could mean your asthma is not well controlled.

It is important for you to understand how to manage your asthma all the time. If your asthma is controlled, you should be able to:

- ✓ Run around with your friends
- ✓ Play sports like everyone else
- ✓ Sleep well with no coughing at night
- ✓ When your asthma is well controlled you should not have asthma symptoms (coughing, wheezing or feeling out of breath)

If you start having problems with your asthma, it is important for you and your mom or dad to know what to do.

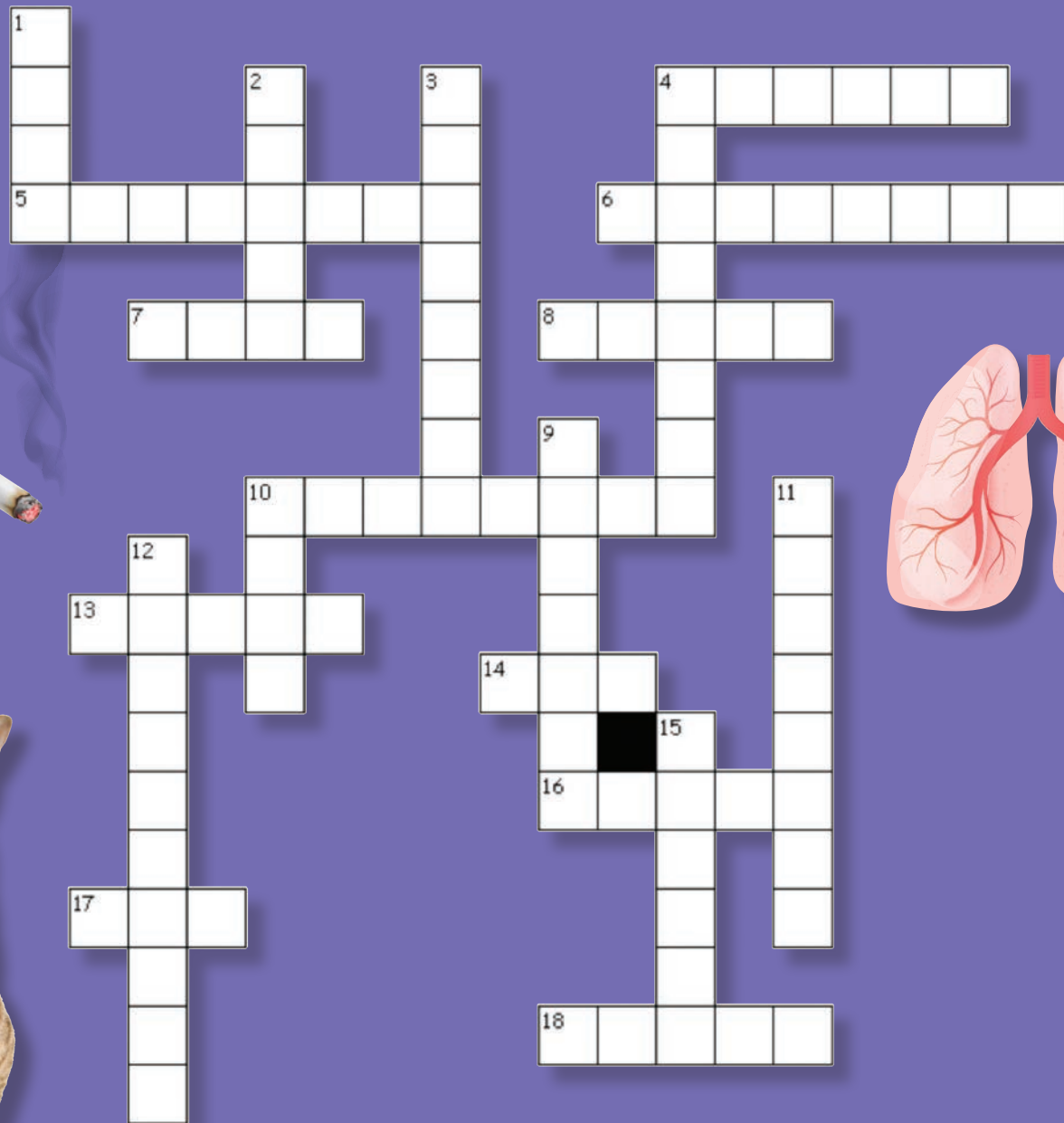
An "asthma action plan" from your doctor can help you better manage your asthma. It is a written plan by your doctor letting you know what to do if you have asthma symptoms.

An asthma action plan should include:

- ☐ What medicines you normally take when you are feeling well.
- ☐ How to know when your asthma is starting to get out of control and when it is an emergency.
- ☐ What changes you should make to your medicines when you have asthma symptoms.



ALL ABOUT ASTHMA



Across

- 4 A _____ is a tube that helps you breathe in medicine from a puffer
- 5 When you can't run around and play or _____, it may mean your asthma is not under control
- 6 A type of medicine that can quickly help you breathe better when your asthma gets worse (also called a "rescue" medicine) is called a _____
- 7 Insects that are too small to see and are found in stuffed toys are called _____ mites
- 8 _____ can make your throat sore, make your nose stuffed up and make your asthma worse
- 10 If asthma is under control, you should not wake up _____ at night
- 13 _____ may be a trigger and can be found indoors in basements or outside in rotting leaves.
- 14 A _____ makes a "meow" sound and can make asthma worse for a lot of people
- 16 You should always stay away from cigarette _____
- 17 Every fall, you should get the _____ shot to help stop you from getting sick
- 18 Washing your _____ often is a good way to keep from getting sick

Down

- 1 Air usually enters our body through our _____
- 2 _____ is the gooey, sticky stuff in the lungs when asthma is not under control
- 3 The whistling sound that can happen when your asthma is not under control is called _____
- 4 This redness and inflammation happens in the lining of the air tubes of the lungs if asthma is not kept under good control. Another word for inflammation is _____
- 9 Asthma happens in the _____ of the lungs
- 10 In _____ weather, you should wear a scarf around your nose and mouth
- 11 _____ are the things that can make your asthma worse
- 12 A medicine that needs to be taken every day to keep your asthma under control is called a _____
- 15 The trigger that comes from trees and grass is called _____

Answers on page 25

MORE ASTHMA WORDS

AIR
AIRWAYS
ALLERGY
ALVEOLI
ASTHMA
ATTACK
BREATHE
CONTROLLER
COUGH
INFLAMMATION
INHALER
LUNGS
MUCUS
NOSE
PUFFER
RELIEVER
SPACER
SWELLING
WHEEZE
WINDPIPE

Top left

T	A	K	E	C	C	S	O	N	T	G	I	A	E	R
R	O	L	O	O	G	F	Y	O	N	N	N	L	H	U
E	R	A	U	N	A	E	S	I	F	T	H	V	T	H
C	M	G	U	S	Z	A	L	L	A	A	A	E	A	C
A	H	L	T	E	Z	L	A	A	N	H	L	O	E	A
P	E	H	E	F	E	M	M	O	L	X	E	L	R	T
S	M	H	O	W	M	G	G	D	D	L	R	I	B	T
A	W	X	S	A	R	E	V	E	I	L	E	R	I	A
A	E	J	T	V	Z	A	Q	I	O	H	A	R	L	C
O	S	I	A	I	R	D	L	H	G	Z	I	S	G	K
F	O	C	O	N	T	R	O	L	L	E	R	U	A	Y
N	N	E	P	I	P	D	N	I	W	D	W	C	L	W
C	W	O	D	A	K	J	O	P	N	V	A	U	B	P
F	S	J	U	S	U	U	Y	J	X	M	Y	M	B	P
P	U	F	F	E	R	Q	G	A	X	G	S	W	Z	X

NOW TRY THIS ONE!

Once you've finished the word search on the left, find the letters that are not circled.

Starting from the top left, go across each row and place the uncircled letters one by one in the blank spaces below until all the spaces are full.

Then you'll solve the secret message. Answers on pg 25

LET'S SEE WHAT YOU LEARNED ABOUT ASTHMA.

Try answering these questions. Answers on pg 25

- 1 Asthma affects the _____ in your lungs.
- 2 The things that make your asthma worse are called _____.
- 3 Which type of medicine is usually taken every day to prevent asthma problems? A "controller" or "reliever"? _____
- 4 Which type of medicine is usually taken to quickly help you feel better when you have asthma problems? _____
- 5 What is the usual colour of the reliever puffer? _____
- 6 Asthma triggers make the airways in your lungs red and _____.
- 7 If you control your asthma, you should be able to do all the fun things you want to do including playing sports. ☐ YES ☐ NO

ONLINE FUN

Sick Kids

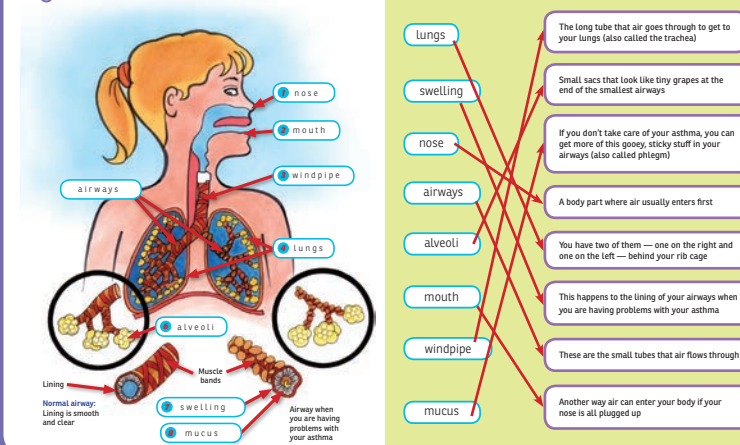
aboutkidshealth.ca/justforkids

University of Calgary/Alberta Health Region

ucalgary.ca/icancontrolasthma/kidsall

ANSWERS TO PUZZLES AND QUESTIONS

Pg 4 & 5 What is asthma?



Pg 8 What sets you off



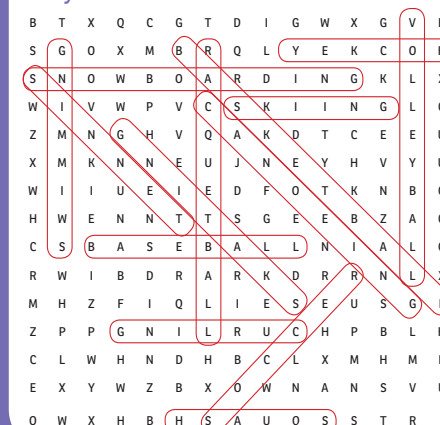
Pg 9 Unscramble

dog, cat, tree, grass, mould, smoke, pollution, cold air, colds, perfume, paint, cleaners, dust mites

Pg 10 Find the asthma triggers



Pg 14 Take care of your asthma so you can be active



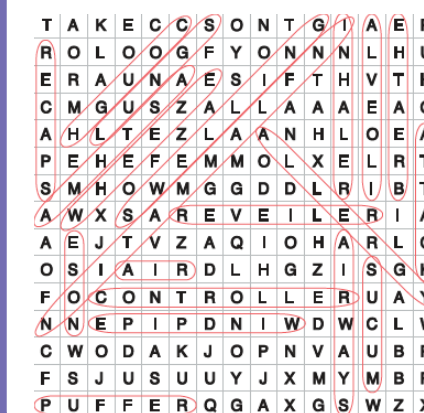
Pg 11 Hidden message: Stay away from your asthma triggers

Pg 20-21 All about asthma crossword answers

Across: 4. spacer, 5. exercise, 6. reliever, 7. dust, 8. colds, 10. coughing, 13. mould, 14. cat, 16. smoke, 17. flu, 18. hands

Down: 1. nose, 2. mucus, 3. wheezing, 4. swelling, 9. airways, 10. cold, 11. triggers, 12. controller, 15. pollen

Pg 22 More asthma words



Pg 23 Now try this one! Answer: Take control of your asthma

Let's see what you learned about asthma!

Answers: airways, triggers, controller, reliever, blue, swollen, Yes.



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1-888-344-LUNG (5864)

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