

Asthma Information for Churches

Fight Asthma Milwaukee (FAM) Allies has prepared this packet of information about asthma for churches to raise awareness of the disease and to provide accurate information about asthma. Churches minister to the whole person. Asthma affects the whole person, body, mind and spirit. It is our intent that churches read through the material and choose those suggested ideas and activities that best fit within their congregation. We believe the good management of asthma will be a means for assuring that people with asthma experience the abundant life promised to all in John 10:10.

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Understanding Asthma

Asthma CAN BE CONTROLLED.

You can do it!

When you know how to control asthma, it no longer controls you.

What is Asthma

Asthma is a chronic lung disease that can be life threatening. Asthma is chronic, meaning you live with it every day. Asthma causes breathing problems. These breathing problems are called attacks or episodes of asthma. **The basic cause of asthma is unknown, but some things (triggers or irritants) can make asthma worse.**

An Asthma Attack

There is no single reason for the onset of asthma. Once you have asthma, your lungs react to triggers or irritants that can start an asthma flare-up, which can lead to a more serious attack.

For instance, when you have asthma, a cold or respiratory infection could cause your asthma to flare-up and you might have an asthma attack. Or, you might have an asthma attack after breathing something that bothers your lungs, such as cigarette smoke, dust, or feathers.

When this happens, changes take place in your air (breathing) tubes: Cells in your air tubes **become swollen**, and then they **make more mucus** than normal. This mucus is very thick and sticky and can clog up the tubes. Also, the muscles in your air tubes **tighten and squeeze** the airway closed. These changes cause the air tubes to **narrow** and it becomes hard to breathe.

Asthma attacks may start suddenly or they may take a long time, even days to develop. Asthma can be severe, moderate or mild, but the risk of death is the same regardless of severity

When you have Asthma

It's important to:

- *take your asthma seriously*
- *take your medicines for asthma*
- *get medical help when asthma symptoms don't improve*

Symptoms of Asthma

- Coughing, often occurring during the night or after exercise
- Wheezing, but not all people with asthma wheeze
- Shortness of breath
- Tightness in the chest
- Unable to do usual activities

Treat all symptoms early to prevent an asthma attack
Not everyone's symptoms are the same!

What Starts Asthma Symptoms

Usually symptoms begin or are “triggered” by something that bothers your lungs. These things are called asthma triggers or irritants. There are many kinds of triggers. They can range from viruses to allergies, to gases and particles in the air.

Given this range you may find it hard to figure out what starts your asthma attacks. You may even think your attacks “just happen”. This is generally not true. Something usually triggers an attack.

Remember:

- asthma symptoms and attacks usually get started by triggers
- talk to a physician about these triggers
- find ways to avoid them and get rid of them

What can you expect if you have your asthma under control?

- Be free from symptoms during day and night and be able to sleep through the night.
- Have the best possible lung function.
- Be able to participate fully in ANY activity of your choice
- Not miss school or work because of asthma symptoms
- Need fewer or no urgent care visits or hospitalizations for asthma
- Experience as few side effects as possible from asthma medications
- **Be satisfied with your asthma care**
- **Live the abundant life promised to you by God**

Destroying the Myths of Asthma

Myth: Taking steroids for asthma will stunt a child's growth

Fact: Research has shown that steroids do not significantly affect a child's growth. Steroids can initially slow growth, but final adult height will be normal. Uncontrolled asthma **can**, however, affect normal growth.

Myth: Children will “grow out” of asthma

Fact: Half of all children with asthma have no symptoms by the time they reach age fifteen. But there are no guarantees and symptoms can reappear at any age. Parents who wait for children to grow out of asthma rather than learn how to cope with and manage the disease are risking their children's health and emotional development in the process. **This is perhaps the most dangerous myth of all.**

Myth: Asthma isn't a serious condition

Fact: There is a tendency to make light of the threat of death due to asthma. While only one in a half million die of asthma each year, asthma mortality is on the rise. People with mild asthma have the same risk of death as people with severe asthma. Sadly, almost all asthma deaths are preventable through the proper use of medications and trigger management. When a patient manages asthma with peak flow meters and symptoms diaries, an attack can be detected before it happens.

Myth: Holistic medicine can cure asthma naturally

Fact: There is no cure for asthma. “Natural” treatments are appealing and can provide temporary relief, but they do nothing for underlying inflammation, which is the cause of asthma flare-ups. Some proposed “natural” asthma treatments that have been used include standing on one's head, eating chicken livers, rubbing wheat paste or tomato paste on the chest, enemas, massage, and sucking on peppermint candy. Even though medical treatment of asthma may seem unnatural at times, medical treatment is preferable to non-treatment, which is what most “holistic cures” amount to.

Myth: Breathing into a paper bag will help asthma

Fact: Breathing into a paper bag will NOT help asthma and may do more harm than good. Humans inhale air to get oxygen into the body, and then exhale carbon dioxide, which is something our bodies need to get rid of. If a person were to exhale into a paper bag, they would fill the bag with mostly carbon dioxide. Upon inhaling the contents of that bag, the person, who needs oxygen, would be inhaling something the body doesn't want: carbon dioxide.

SUGGESTED BULLETIN INSERTS

National Allergy and Asthma Awareness Month is observed in May. However, asthma is a condition, which requires our attention all year. Quotations are from the Revised English Bible.

January



Colds and Cold Air

Winter is the cold and flu season. Colds and respiratory infections can lead to asthma flare-ups. Protect yourself:

- Get an annual flu shot
- Wash hands frequently
- Cover your nose and mouth with a mitten or scarf when outdoors

“...To listen to advice shows wisdom” Proverbs 12:15

“...to despise a word of advise is to ask for trouble”

Proverbs 13:13

February



How to Help someone having an Asthma Flare-up

How would you help someone that is having an asthma flare-up?

- Stay Calm
- Have the person sit and encourage slow, deep breaths
- Give quick-relief medication (i.e. albuterol, levalbuterol, pirbuterol), call for help if the medication isn't available
- Wait 15 minutes to make sure the medication worked, if not call for help

“A discerning mind seeks knowledge...” Proverbs 15:14

March



Exercise

All people with asthma should be able to exercise as much as anyone else. Everyone needs exercise for healthy lungs.

Make asthma care and exercise routine:

- Warm up slowly before exercise
- Always carry your quick-relief medicine with you

“Listen to advice and accept instruction” Proverbs 19:20

April



Early Symptom Identification

Asthma flare-ups should be treated with medication when the earliest signs are noted:

- Cough (this is most common!)
- Itchy throat
- Not getting enough sleep because of symptoms
- Don’t wait for the asthma to get worse! Use medication right away!

“An attentive ear, an observant eye, the Lord made them both”
Proverbs 20:12

May

Asthma Awareness Month

As Christians we recognize that God is the giver of all life and each breath we take can bear witness to His life-giving and sustaining nature, "...and (He) breathed into his nostrils the breath of life, and man became a living being."(Genesis 2:7) For persons with asthma, breathing may not be easy. We encourage each of you during the month of May to share with your neighbors, family and co-workers the information you receive during Asthma Awareness Month. As children of God, we are to be responsible for our bodies. In Deuteronomy God admonishes us to do all to preserve life. Doing all we can to control asthma within our church demonstrates our commitment to a healthy life for all people with asthma.



WHAT

DO YOU KNOW ABOUT ASTHMA?

Knowledge about caring for our body is part of our God given responsibility. Check your knowledge of asthma with the following questions.

- | | True | False | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Asthma is a chronic lung disease |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Asthma can be life threatening if not treated and controlled well |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Triggers cause asthma attacks. Churches are a place without triggers because there are no animals or smoking in the church. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Not everyone's symptoms of asthma are the same |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Narrowing of the air tubes makes it difficult for air to get in and out of the lungs |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | Asthma is caused by a virus |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | Coughing is not a symptom of asthma |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | Asthma medication should only be taken when you have an attack |
| 9. | <input type="checkbox"/> | <input type="checkbox"/> | Using an inhaler at least three times a day is the best way to control asthma |

Answers:
1 True
2 True
3 False
4 True
5 True
6 False
7 False
8 False
9 False

June



Summer Break

Daily routines change during summer, but don't change your asthma care!

- Follow a written asthma care plan
- Take medications as prescribed (even when not experiencing asthma symptoms)
- Avoid asthma triggers
- Treat asthma symptoms early
- Take medications during an activity that happens all the time – right before breakfast

“I have come that you may have life and have it abundantly”
John 10:10

July



Ozone/AQI

Bad air quality can harm all people and can cause asthma flare-ups. Here are some tips:

- Know before you go. Call the toll-free Daily Air Hotline, 1-866 DAILY AIR
- Exercise in the morning or later in the evening, when pollution levels are usually lower;
- Spend less time participating in vigorous outdoor activities;
- Take it a little easier when you're outside.
- Limit children's time outdoors
- Pay attention to respiratory symptoms, such as coughing, wheezing and discomfort when you take a deep breath.

“The Lord God formed a human being from the dust of the ground and breathed into his nostrils the breath of life”
Genesis 2:7

August



Back to School

Kids with asthma need to breathe to achieve. Follow these tips:

- Give the school a copy of the written asthma care plan
- Keep a quick relief medicine at school
- Talk to teachers about triggers and early signs
- Consider keeping a peak flow meter at school
-

“Apply your mind to instruction and your ears to words of knowledge” Proverbs 23:12

September



Fall Allergies

Fall allergies like mold and ragweed can slow you down. Keep allergies from causing asthma flare-ups:

- Always take daily asthma medicines, even if you feel OK
- Treat early symptoms including watery eyes, runny nose, and cough
- Insist that quick relief medications be sent on field trips with students that have asthma

“Do you not know that your body is a temple of the Holy Spirit...then honor God with your body.” I Corinthians 6:19

October



Asthma Medications

2 kinds of medicines are used to control asthma:

- Long-term control medicines keep swelling down and should be taken daily, even if you feel OK.
- Quick-relief medicines relax muscles and provide immediate relief. Keep these with you at all times!

If you have asthma symptoms more than 2 days per week during the day or more than 2 times per month at night, your asthma is not under control! Talk to your doctor.

“Cling to instruction and never let it go; guard it well for it is your life” Proverbs 23:12

November



Smoking

Smoking and breathing second hand smoke can cause asthma flare-ups for all people with asthma. Help children breathe easier:

- Do not permit smoking in the house or in church buildings
- Do not permit smoking in cars or in church vehicles
- Talk to healthcare providers about quitting
- Do not permit smoking of church members when working with children

“The Lord God says to these bones: I am going to put breath into you and you will live” Ezekiel 37:5

December



Holiday Triggers

Enjoy the holidays AND stay in control of your asthma:

- Remember that pine needles from trees and wreaths can cause asthma flare-ups
- Remember that dusty decorations can cause asthma flare-ups
- Choose odorless cleaners, or allow time for the smell to fade
- Promote lots of rest for those with asthma to reduce stress
- Have guests take cigarette smoke outside

“Therefore as opportunity offers, let us work for the good of all especially members of the household of faith” Galatians 6:10

Suggested Prayers for Persons with Asthma

Merciful God, we acknowledge You as the creator of our bodies and its complex functions.

It is You who breathed into us the breath of life,
It is You who created the air that we need for life,
It is You who created the design for breathing.

We are humbly grateful for this gift from You.

We ask You to touch the children and adults who are experiencing difficulties with breathing.

We have Your words in Scripture telling us of Your desire that Your children have the abundant life. This day we ask for assurance that those who experience breathing distress will be led to seek and be relieved by the health care available to them. Amen.

Gracious, loving God,

We are willing instruments for healing Your children, especially those who have conditions which limit their enjoyment of the life You have given them. This day we ask for Your special mercy to those who are managing the difficulties that may come from living with asthma. Show us the ways we can make their breathing less stressful here in Your house of worship and in their surroundings at home and school. Amen.

Loving God,

We ask for guidance to follow Jesus' direction to care for the little children who came to Him during his ministry on earth. We want to care for all children and today we pray for the special needs of children with asthma. With Your healing power enable us to help those with asthma to overcome its unnecessary limitations thereby freeing them to enjoy all the pleasures of living that You offer. Amen.

Lord, our Healer,

You have given us the gift of life and we are to be good stewards of that life and of our bodies that come from Your creative act. As good stewards for the bodies of our children we accept the task of ensuring that when they experience difficulties with asthma they will be relieved by proper treatment and learn to be good stewards themselves in their care. Send us Your guidance as we take on this task. Amen.

Checking your church for environmental triggers

A suggested activity for a church group, men's group, confirmands, or seniors.

Using this check-list, walk through all the areas of your church and identify any triggers that may cause an asthma attack or breathing difficulty.

Church/Sanctuary

<p>Candles/Incense</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> The use of candles can increase dust levels. Candles with metal wicks create lead dust. <input type="checkbox"/> Damp dust more frequently if candles are used. <input type="checkbox"/> Strong incense smells can be an asthma trigger
<p>Flowers/Trees/Potted Plants</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Pollen and molds are triggers. Eliminate or decrease use.
<p>Books</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Routine damp dusting of books, furnishings, light fixtures, and plastic plants
<p>Woodwork</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Damp dust frequently. Feather dusting puts dust back into the air. <input type="checkbox"/> The use of strong smelling cleaning products can be a trigger.
<p>Carpet/Furnishings</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Vacuum frequently. Use a HEPA (High Energy Particle) filter vacuum cleaner if possible. HEPA filters do a better job of removing fur, dander, and other particles that can be triggers. Change filters and bags often. <input type="checkbox"/> Vacuuming after events is preferable to just before events. Complete dusting and vacuuming at least 3 hours prior to the arrival of parishioners. <input type="checkbox"/> Carpets contain dead dust mites and their waste. <input type="checkbox"/> Avoid stuffed furniture, as it is impossible to remove all dust from stuffing. <input type="checkbox"/> Damp mop uncarpeted floors frequently. <input type="checkbox"/> Have cold air returns cleaned frequently. <input type="checkbox"/> Replace curtains and drapes with shades or washable material. Wash window treatments regularly. Shades collect less dust.

Make note on action that should be taken in these areas:

Nursery

<p>Cleaning Products/Carpets</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Rooms should be cleaned when children are not present to prevent inhalation of fumes. <input type="checkbox"/> Complete cleaning 3 hours prior to arrival of guests. <input type="checkbox"/> Ventilate during cleaning – open windows/use fans.
<p>Dress-up Clothing (for play/acting)</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Wash frequently in hot water (130 degrees)
<p>Holes in paneling Sawdust</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Repair or replace damaged walls and paneling to seal cockroach entrances. Dust from this can be an asthma trigger.
<p>Wastebaskets/recycling bins</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Should be covered and emptied before they become full and at the end of each day.
<p>Pets</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Do not bring animals into the nursery area. Remove or minimize the numbers of stuffed animals. <input type="checkbox"/> Stuffed toys can be washed weekly in hot water (130 degrees). <input type="checkbox"/> Minimize exposure to animals with fur and feathers.
<p>Room air</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Maintain room temperature between 69-73 degrees F. <input type="checkbox"/> Maintain relative humidity between 30-60% . <input type="checkbox"/> Condensation on cold windows may indicate the need for a dehumidifier.

Make note on action that needs to be taken in this area.

Bathrooms

<p>Hair Sprays/Perfumes</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Advise limited use and avoid strong odors.
<p>Buckets of water</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Eliminate standing water in sinks and in mop buckets. This fosters mold growth.
<p>Smoking</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Smoking should not be allowed inside the church. <input type="checkbox"/> Remove all ash trays from church and also from outside doorways. <input type="checkbox"/> Post signs.
<p>Cleaning Products/ disinfectants</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> As described under Nursery
<p>Exhaust fans</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Fans distribute dust and must be cleaned often. <input type="checkbox"/> Heating, cooling, and ventilation systems must be checked yearly by trained professionals

Basement

<p>Dehumidifier</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Clean receptacle routinely. Mold forms quickly when humidity is high.
<p>Classrooms</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Mold and dampness found in basement classrooms or meeting rooms may trigger asthma. <input type="checkbox"/> Carpet set directly on concrete floors will encourage mold growth.
<p>Pipes</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Check water pipes for moisture, which encourages mold growth. If asbestos covering is disturbed, fibers will enter the air and affect lung tissue.

Make notes on action that needs to be taken in these areas

Kitchen

<p>Crumbs/Open Food</p> 	<ul style="list-style-type: none"> ❑ Uncovered food encourages the growth of mold. Store all food in closed containers. ❑ Clean spills immediately and wipe countertops with a bleach solution after using. Clean kitchen area after each use to deter visits by roaches, mice and other pests. <p>Date food stored in the refrigerator. Refrigerator should be below 42°F.</p>
<p>Cockroaches</p> 	<ul style="list-style-type: none"> ❑ Evaluate methods currently used for extermination of insects/roaches. Integrated Pest Management strategies should be encouraged. ❑ Roach hotels where they check in but don't check out should be used.
<p>Oven/Carbon Monoxide</p> 	<ul style="list-style-type: none"> ❑ Check appliances periodically for leaks and confirm that they are working properly. ❑ Check for malfunction of oven and stoves to prevent carbon monoxide emissions.
<p>Exhaust Fans/waste baskets/ cleaning solutions</p> 	<ul style="list-style-type: none"> ❑ Same as discussed in previous areas.

Class Rooms

<p>Scented markers</p>	<p>Replace with unscented</p>
<p>Rubber cement</p> 	<ul style="list-style-type: none"> ❑ Strong smells can trigger asthma. ❑ Control use of glue, rubber cement, and other substances that are potentially toxic inhalants.
<p>White board/Chalk board</p> 	<ul style="list-style-type: none"> ❑ Damp dust chalkboards daily. ❑ Replace chalk boards with white boards and unscented markers.
<p>Books/Shelves</p> 	<ul style="list-style-type: none"> ❑ Do not store unused books in classrooms. ❑ Dust all books and shelving before dust is visible.
<p>Perfume</p> 	<ul style="list-style-type: none"> ❑ Strong smelling perfumes should be avoided.

Make notes on actions that needs to be taken in these areas:

Suggested activity for a Sunday School Class

Use the script below as a guide for discussion. Following the dialogue, distribute the subsequent handout sheet, so that children can draw, reflecting on the subject.

Script for the teacher

Today we are thinking about all the children and grown-ups who have asthma. They sometimes need help to breathe easier so that they will feel better. We can pray that they will find the best way to live with asthma. We also need to pray for all family members of people who have asthma. People who have asthma and their families need to learn what things make their breathing harder and what will make their breathing easier. This means taking medications the way the doctor tells them and not being around the triggers that make their breathing harder. Some asthma triggers are molds, cockroaches, strong odors, wood smoke, pets, tobacco smoke, hot or cold air, and dust mites that you can't even see. We want our family members and friends who have asthma to be able to live happy and healthy lives...to breathe easily and experience the good life that God promises us. We want them to be able to enjoy the things in our world that God has created for us. In order to do this they must be able to breathe right and get enough air. We want them to be with us for many years to come. We want them to breathe easy when they come to church. We can make sure of this if we don't have any of those triggers in our church.

Draw a picture of an asthma trigger:

Draw a picture of something that helps control asthma:

Draw a picture of a body part that God made to help us breathe:

Suggested Children's Sermon/Presentation

Reflecting on Asthma

When beginning the presentation, light an unscented, lead-free candle and ask the children if they think they can blow it out. Have one of them blow it out and ask, "*Was that easy to do?*" They will usually say yes.

Alternately:

1. Have the audience do light exercise for 3 minutes (walk around room, jumping jacks). Hand out coffee straws. Have each person put the straw in their mouth, plug their nose, and breathe normally. Have the audience imagine not being able to take the straw out to breathe – that is what asthma is like!

or

2. Have audience make a circle with the fingers of a hand. Everyone should take a deep breath and exhale through the circle. Should be easy. Then have audience close the circle (as happens to the airways during an asthma flare-up). Everyone should take a deep breath and exhale through the fist. This should be difficult and take longer.

Continue with this message:

We have been given the gift of a wonderful body from God and we can blow out candles and blow up balloons because God planned our bodies to be able to do that.

Sometimes things go wrong with our body and sometimes we can't do things like blowing out candles or even play without being out of breath. When that happens it might be something we call asthma. Have you ever heard that word...do you know anyone who has asthma?

Asthma means sometimes the air tubes inside us get clogged, and we have trouble breathing. When we can't breathe right, we can't enjoy some of the things in our world that God wants us to enjoy...because we can't get enough air.

But when someone has trouble breathing because they have asthma there are things that will help them. God has given doctors and nurses the ideas of how to help people with asthma.

There are many things in our world that make it hard for some people to breathe...things like pets, dust, chemicals, and smoke. Some of those things are in our homes but some are also in our church, and we need to get rid of them, so no one in our church has trouble breathing. That's called being a good steward.

There are many good medicines that can be used to help people when they have trouble breathing. Its important that the medicines are used like the doctor tells them to help the air tubes in their body bring air in and push it out. Then they can blow out the candles on their birthday cakes and blow up balloons for a party. . That's also being a good steward by helping the body get well.

If we have a friend with asthma we should tell them we want to help them and not stop playing with them when they have trouble breathing. We should know that sometimes they have to take medicine in a special way. We should thank God that there are people and medicines that will help them enjoy all the things in this world just.

Suggested Activities for Congregations Reflecting on Asthma

1. Include a scriptural or liturgical message of health into worship services
2. Include petitions for health and healing in public and private prayers
3. Have children or adults in your congregation who have asthma, offer a prayer or testimonial or brief talk during worship service
4. Consider holding a healing worship service for your members
5. Do a walk through of your church building, using the enclosed Church Environmental Trigger Tour
6. Insert any of the enclosed bulletin announcements on asthma in your bulletin, especially during the month of May
7. Observe May as National Allergy and Asthma Awareness Month
8. Place an article about asthma in your church newsletter
9. Create a poster display featuring “Facts on Asthma”
10. Create a bulletin board on asthma
11. Consider offering a Health Sunday once a year, perhaps with another neighboring church
12. Hold a forum or small interest group of members to discuss health promotion topics
13. When members speak other than English, obtain information about asthma that is available in their language. FAM Allies has asthma information in English and Spanish.
14. Contact Fight Asthma Milwaukee Allies, the American Lung Association of Wisconsin, your local hospital, or Children’s Hospital to provide a speaker for an educational program about asthma for children and parents
15. Have a respiratory therapist speak to people with asthma in your congregation about the use of peak flow meters, use of spacers with inhalers, and written Asthma Care Plans. FAM Allies has contacts with respiratory therapists who are available for these free presentations.

Asthma Resources

Fight Asthma Milwaukee (FAM) Allies, Inc

www.famallies.org

Patient education, research activities, and community projects

News, articles, and green cleaning notices on Facebook:

<https://www.facebook.com/FAMAllies/>

Inspiration and links to recipes and resources on Pinterest:

<https://www.pinterest.com/famallies/>

Video education on YouTube:

https://www.youtube.com/channel/UC_ad54aBtjF3TVB-UqvCuGg

Allergy and Asthma Network

<https://allergyasthmanetwork.org>

Patient education, support, and news.

American Academy of Allergy, Asthma and Immunology

<https://www.aaaai.org>

Diagnosis, treatment, support organizations resources, asthma news, section for kids.

Asthma and Allergy Foundation of America

<http://www.aafa.org>

-Education, advocacy and research:

“Ask the Allergist”, support groups, and resources for patients and providers

American Lung Association

<https://www.lung.org>

Basic Information, fact sheets, training, advocacy, and research activities

The National Asthma Education Certification Board

<https://naecb.com/>

Guidelines for the AE-C (Asthma Educator-Certified) certification

The National Asthma Education & Prevention Program (NAEPP) of the National Heart, Lung and Blood Institute (NHLBI)

<https://www.nhlbi.nih.gov/science/national-asthma-education-and-prevention-program-naepp>

Publications, facts, and stats on asthma