

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

Quick Links

[Join PAP](#)

[About PAP](#)

[Resources](#)

[Asthma 101](#)

[Coaches Clipboard](#)

[Open Airways For Schools](#)

[Asthma Management Plan](#)

[Course Sites](#)

[Contact Us](#)

In This Issue

[Asthma Patients Should Take Precautions During Holiday Trips, Gatherings](#)

[Create Your Asthma Action Plan](#)

[Training Opportunities- Pittsburgh, PA](#)

[Happy Holidays!](#)

Asthma Patients Should Take Precautions During Holiday Trips, Gatherings



While the holidays can be stressful for everyone, those with chronic lung diseases like asthma must take extra precaution when planning their holiday fun.

"While there is no cure for asthma, it can be managed and treated so that those with asthma can live normal and healthy lives," said Deborah P. Brown, executive vice president, American Lung Association of the Mid-Atlantic. "But large events outside of your normal routine - like the holidays - can trigger asthma symptoms through a variety of activities like traveling, different sleeping environments and holiday activities like sitting around the fireplace."

To help alleviate holiday anxiety, the American Lung Association has put together a list of tips for the more than half a million Maryland residents who live with asthma.

Create Your Asthma Action Plan



Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



Asthma Action Plan

Name: _____ DOB: _____

Severity Classification: Mild Persistent Moderate Persistent Severe Persistent

Asthma Triggers: List _____

Peak Flow Meter Personal Best: _____

Green Zone: Doing Well

Symptoms: Breathing is good - No cough or wheeze - Can work and play - Sleeps well at night

Peak Flow Meter: _____ (between 80% and 100% of personal best)

Control Medication: _____ Medication _____ How much to take _____ When and how often to take it _____

Physical Activity: Use albuterol/inhaler _____ puffs, 15 minutes before activity
 Use all activity _____ (Challenge you feel yourself)

Yellow Zone: Caution

Symptoms: Some problems breathing - Cough, wheeze, or chest tight - Problems working or playing - Wake at night

Peak Flow Meter: _____ (between 50% and 80% of personal best)

Quick-Relief Medication: Albuterol/inhaler _____ puffs, every 4 hours as needed

Control Medication: Continue Green Zone medication Change to _____

You should feel better within 20-30 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

Red Zone: Get Help Now!

Symptoms: Lots of problems breathing - Cannot work or play - Getting worse instead of better - Medication is not helping

Peak Flow Meter: _____ (less than 50% of personal best)

Take Quick-Relief Medication NOW! Albuterol/inhaler _____ puffs _____ (how frequently)

Call 911 immediately if the following danger signs are present:

- Trouble talking (due to shortness of breath)
- Lips or fingernails turn blue
- Still in the red zone after 15 minutes

Emergency Contact: Name _____ Phone: _____

Healthcare Provider: Name _____ Phone: _____

1-800-LUNGDATA | LUNGDATA Date: _____

If you have asthma, work with your healthcare provider to create a plan with instructions for early treatment of your asthma symptoms. An Asthma Action Plan is a written, individualized worksheet that shows you the steps to take to keep your asthma from getting worse. It also provides guidance on when to call your healthcare provider or when to go to the emergency room.



Our Sponsors



Training Opportunities- Pittsburgh, PA

Open Airways for Schools Facilitator Training

AMERICAN LUNG ASSOCIATION FOR SCHOOLS

Individuals who participate in the workshop gain the skills necessary to become Open Airways for Schools Facilitators in their communities. Each facilitator is trained to lead an evidence-based asthma management program for children 6-11 years old. These sessions are delivered over 6 sessions and each session is 60 minutes.

Why Use Open Airways for Schools?

Open Airways For Schools is the most widely recognized asthma management program for children in the nation, and a proven-effective way to improve asthma self-management skills, decrease asthma emergencies and raise asthma awareness among families and school personnel.

Date: Tuesday, January 23, 2018

Time: 2 pm - 4:30 p.m.

Location: American Lung Association in Pennsylvania, 810 River Ave Suite 100, Pittsburgh, PA 15212

Cost: \$175 which includes the training and program materials. *Scholarship Opportunity available upon request*

Scholarship Note: There is an online training that needs to be done prior to the in-person training. It can take 2 hours to complete. This in-person training will call out from the materials learned during the online training session.

Register by Friday, January 17, 2018 for confirmation: Shelly Cree, American Lung Association in Pennsylvania, Shelly.Cree@lung.org or 717-641-6864 x 135

Open Airways For Schools (OAS) Facilitator Training:

OAS is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management. OAS is a recommended component of the American Lung Association's Asthma-Friendly Schools Initiative, a comprehensive approach to managing asthma in schools. **When?** January 23, 2018; 2-4:30pm ****Scholarships Available**** Please contact Shelly Cree at Shelly.Cree@lung.org for more information!

Freedom From Smoking (FFS) Facilitator Training:

Interested in implementing a smoking cessation program in your community? Committed to helping others in their struggle to quit smoking? As a Freedom From Smoking facilitator, you introduce techniques and tools to participants who want to quit smoking as well as aid them in maintaining motivation and commitment in their quitting journey. **When?** January 24, 2018; 9am- 4pm

Happy Holidays!



Have a wonderful Holiday and Happy New Year!

We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.

Sincerely,
John Keith

