

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.

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## Prepare for a Healthy day at the Farm Show



Farm Show visitors who have asthma, a respiratory condition involving spasms in the bronchi of the lungs, can have breathing difficulties after being around dust, animal dander, bacteria and even evergreen trees.

LaRue said those visitors should know their "asthma triggers" and be cautious around them.

"Asthma patients who have trouble around animals should space out their time with the animals," she said. "Cold also affects asthma so keep bundled up and be careful breathing in too much cold air. Be compliant with your asthma medicine. Bring your inhaler along to the Farm Show."

## Healthy Houseplants: Types that Clean the air, are Safe Around pets and kids

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### Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA





The general thought is that staying indoors is a protective measure against pollutants. However, air quality culprits exist inside the home as well, in the form of chemical-based cleaners, detergents and even - ironically - air fresheners.

Bad air exacerbates conditions such as COPD and respiratory infections. While installing an expensive air filter system is an option, a cheaper bet is to simply purchase a houseplant.

According to Wellnessmama.com, plants naturally absorb carbon dioxide and release oxygen, but certain plants also eliminate significant amounts of benzene, formaldehyde and trichloroethylene. Plants, in fact, have been filtering the air since the beginning of time.



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## How to Minimize Risks of Asthma Attacks in Winter



There are a few things to keep in mind to keep on top of your child's asthma this winter.

Cold air and damp weather, common over the winter months, can often trigger asthma symptoms to worsen.

The National Health Service has top tips to prevent it and advice on what to do if your child does become unwell.

Start Your Asthma Action Plan [HERE](#).

## Training Opportunities- Pittsburgh, PA

**AMERICAN LUNG ASSOCIATION**  
Open Airways for Schools Facilitator Training

**AMERICAN LUNG ASSOCIATION**  
**OPEN AIRWAYS 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 5-11 years old. These sessions are delivered over 6 sessions and each session is 40 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 p.m. - 4:30 p.m.

**Location:**  
American Lung Association in Pennsylvania  
810 River Ave Suite 140, Pittsburgh, PA 15212

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

**Scholarship:**  
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 pull 1 hour from the materials learned during the online training session.

**Register by Friday, January 17, 2018 by contacting:**  
Shelly Cree, American Lung Association in Pennsylvania  
Shelly.Cree@lung.org or 717-641-0864 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](mailto: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

**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

