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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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Open Airways for Schools Facilitator Training- Pittsburgh, PA



Open Airways For Schools (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. It is also 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.

An Open Airways For Schools facilitator can be a school nurse or other staff member, a community asthma educator or a volunteer who likes working with children. Some knowledge and experience with asthma is preferred, but not required.

****Scholarships Available****

Please contact Shelly Cree at Shelly.Cree@lung.org for more information!



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PA Asthma Partnership



Clean Indoor Air for PA



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ALA in PA



PA Department of Health



Allergies, Asthma and Winter

Holidays



With the arrival of winter, seasonal allergic rhinitis (hay fever) and asthma sufferers can breathe relief as most outdoor allergens disappear until spring. But holiday gatherings and spending more time indoors exposes many people to different allergen triggers.

Food plays a central role in many events. If you have a food allergy, these functions can be difficult to navigate. Be sure to ask about the ingredients used to make each dish. Be aware that cross-contamination can occur during preparation. If you think the foods served pose too much risk, or if you just don't feel comfortable eating foods provided by others, you don't have to. Bring your own

snacks or eat before you arrive.

Click [here](#) to read about other holiday triggers!

Five Surprising Facts about Pneumococcal Pneumonia



World Pneumonia Day-November 12-is a yearly reminder that pneumonia can strike anywhere and anytime, and is a serious, potentially life-threatening lung infection. Pneumonia is primarily caused by viruses, bacteria or fungi that are transmitted from one person to another. The most common type of bacterial pneumonia is pneumococcal

pneumonia.

5 Foods Asthmatics Should Avoid During Winter



Asthma is a respiratory condition that is tough to completely cure, but a healthy diet can influence how it manifests and to what extent it affects your body. Winter is here and so is the season of allergies, it may be worse for asthmatics considering they are more prone to allergic reactions than others.

While there is no specific diet an asthmatic needs to follow, there are foods that they are advised against, as these may lead to aggravation or lead to a resurfacing of symptoms like wheezing, coughing and difficulty in breathing.

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
Program Manager
PA Asthma Partnership

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