

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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Your 10-Step Asthma Holiday Checklist



Although people with asthma are usually good at keeping their symptoms under control, a different environment or hot, humid weather can trigger and aggravate symptoms. It's almost holiday time, and whether you are living it up locally or travelling abroad, here are a few steps you can take for a worry-free holiday.



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PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



PA Department of Health



Winterize Your Home: How to Seal Out Nasty Allergy Triggers



In many areas of the country, chilly winter winds are blowing, and people are hunkering down for the season. Problem is, when Old Man Winter moves in, he brings conditions that can spell trouble for people with allergies and asthma. Moisture from rain, snow and ice, if it sneaks indoors, can lead to mold and dust mites; poorly maintained heating

systems can bring breathing woes; and, when doors and windows are sealed tight, volatile organic compounds (VOCs) found in everything from flooring to insulation can pack an added punch.

So how best to hold down the fort and keep the air clear until spring returns? Here are some key steps that allergic homeowners can take.

The Difference Between Mild, Moderate and Severe Asthma



The World Health Organization (WHO) estimates that there are currently about 235 million people worldwide who suffer from asthma, and that in 2016 there were 383 000 deaths due to this disease.

According to the WHO the strongest risk factors for asthma are a combination of genetic predisposition with environmental exposure to inhaled substances and particles.

The treatment of your asthma is based on your severity level. This means that your doctor will assess and classify the severity according to the latest guidelines for the management of asthma in either adults and adolescents or children.

Open Airways for Schools Facilitator Training- Last day to sign up!!

A screenshot of a flyer for the American Lung Association's Open Airways for Schools Facilitator Training. The flyer includes the organization's logo, the title of the training, a description of the program, the date (Thursday, November 30th, 2017), time (9am-11:30am), location (American Lung Association, 3001 Outback Blvd, Conowingo, MD, PA 17011), cost (\$175), and a registration deadline of Friday, November 24th. It also mentions that an online training is available and provides contact information for Shelly Cree.

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!

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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