

OPEN AIRWAYS FOR SCHOOLS[®]

*An empowering self-management program for
elementary school children with asthma*

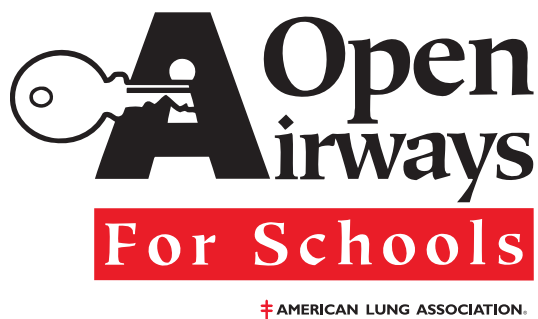
Approved and
recommended by the
National Association
of School Nurses



**AMERICAN
LUNG
ASSOCIATION[®]**
Fighting for Air

- Helps kids recognize and manage their asthma symptoms
- Supports development of problem-solving skills
- Builds confidence

Give kids the skills and confidence to manage their asthma.



Winner: Health Education Research Award, National Asthma Education and Prevention Program

The American Lung Association's **Open Airways For Schools**[®] is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management.

Over 30,000 U.S. schools have used this state-of-the-art program to educate kids ages 8–11 about asthma. The program strives to improve asthma self-management skills, decrease asthma emergencies, raise asthma awareness among parents/guardians and promote asthma management coordination among students, parents and schools.

Open Airways For Schools helps kids develop skills that enable them to:

- Take steps to prevent asthma symptoms
- Recognize asthma symptoms when they first occur, and carry out appropriate management steps
- Discuss and solve problems related to asthma with parents, medical professionals, teachers and friends
- Feel more confident about taking care of their asthma on a daily basis

How the program works:

Open Airways For Schools consists of six 40-minute sessions. Each lesson incorporates group discussion, stories, games and role play to involve and engage students in the learning process.

Topics include:

- Basic asthma information
- Identifying and controlling asthma triggers
- Recognizing and managing asthma symptoms
- Getting exercise, doing well at school
- Understanding asthma medicines

Is Your School Asthma-Friendly?

Open Airways for Schools is a recommended component of the American Lung Association's Asthma-Friendly Schools Initiative[®], a comprehensive approach to managing asthma in schools. Visit www.Lung.org/afsi to learn more.



Visit www.Lung.org/openairways today to learn more.

Comprehensive support simplifies program delivery.

Open Airways For Schools® Kit

The Open Airways For Schools classroom kits contain easy-to-use teaching materials available in English and Spanish. The kit includes:

- Full-color Instructor's Curriculum Guide
- CD-ROM downloadable handouts for parents and children
- Instructional video
- Poster Flip Chart, featuring full-color posters in English and Spanish



Certified Facilitator Training Format

The Open Airways for Schools program is led by **certified facilitators** — a school nurse or other school personnel, parents, community volunteers, or anyone with an asthma background that has an interest in working with children.

It's easy to become a certified facilitator. The blended-learning training approach offers a self-paced course that guides participants through five online modules that integrate engaging activities, videos, scenario-based quizzes, and downloadable resources. When the online training is completed, participants attend a skill-building workshop to enhance facilitation skills. Training topics include:

- Asthma Basics
- Open Airways For Schools overview
- Why Open Airways For Schools works
- Skills to become a facilitator
- Implementation of the program



Learn how you can bring Open Airways For Schools to your school.

Call 1-800-LUNGUSA (1-800-586-4872) or visit www.Lung.org/asthma today.

Expand asthma education with comprehensive resources from the American Lung Association.

Lungtropolis®

Where Kids with Asthma Learn to Play

For ages 5 to 10

Kids and parents alike will love visiting Lungtropolis (www.lungtropolis.com), a FREE, fun-filled web site.

Lungtropolis Kids When kids visit Lungtropolis, they become asthma control agents and conquer the mucus mob. While playing, they learn how to control their asthma.

Lungtropolis Parents Lungtropolis Parents guides you through steps to help recognize and manage your child's asthma symptoms. Interactive quizzes and questionnaires make it easy to learn how to keep your child healthy and active.



Asthma Basics

Asthma Basics is a 50-minute online learning tool that helps people learn about asthma. The course is ideal for anyone with asthma, parents, caregivers, friends, and family. Participants learn to:

- Recognize and manage asthma symptoms
- Identify and reduce asthma triggers
- Understand the value of an Asthma Action Plan
- Respond to a breathing emergency

Asthma Basics includes videos and printable documents, plus animated graphics that show the three primary changes in the airways during an asthma episode.

To learn more, visit www.Lung.org/asthmabasics.



For even more asthma information, visit www.Lung.org/asthma or call 1-800-LUNGUSA (1-800-586-4872) today.

About the American Lung Association

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy.

For more information about the American Lung Association, a Charity Navigator Four Star Charity and holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit www.Lung.org.

