

# Your Child's Asthma

## Increase Your Asthma Awareness

The better you understand your child's asthma diagnosis, the more you can do to help your child stay healthy and prevent flare-ups.



- Start by watching this video that shows the changes in the lung when your child is experiencing symptoms: [www.lung.org/whatisasthma](http://www.lung.org/whatisasthma)
- Complete the American Lung Association's Asthma Basics course: [www.lung.org/asthmabasics](http://www.lung.org/asthmabasics). In less than an hour, you can learn how to identify asthma symptoms and the steps to respond to a breathing emergency.
- Visit the city of Lungtropolis with your child and get access to tools that can help you and your child manage asthma: [www.lungtropolis.com](http://www.lungtropolis.com)
- Ask your health care provider for tips to maintain your child's active lifestyle. Kids with asthma can be active and healthy with the right treatment plan in place.

### The American Lung Association

is here to help you manage your child's asthma symptoms and find a qualified health care provider.

Call or visit for support today:

**1-800-LUNG-USA**

[www.lung.org/asthma](http://www.lung.org/asthma)