



The American Lung Association has resources to help you support your Spanish-speaking Club members and their caregivers.



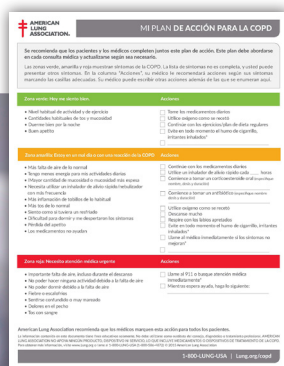
### Contact Us

Members can call, chat or text our free Lung Helpline to speak to one of our experienced bilingual registered nurses or respiratory therapists. Our compassionate and knowledgeable staff can provide members with the support they need and the answers to their questions about living with or caring for someone with lung disease. Our Lung Helpline can be contacted at 1-800-LUNGUSA.

### Self-Management Action Plans

The American Lung Association developed Asthma and COPD Action Plans to help patients better manage their disease. Both resources can help members understand how and when to take their medications, when to call their healthcare provider in the event their condition is worsening, and when to seek emergency care.

[Mi Plan De Acción Para La COPD \(COPD Action Plan\)](#)  
[Plan de acción contra el asma \(Asthma Action Plan\)](#)



### Online Asthma Education

For members with asthma, online management programs may be difficult to find and navigate.

[¿Qué es el asma? \(What is Asthma?\)](#) is a brief informative video that explains what asthma is and how it affects people who live with it.

[Asthma Basics en Español \(Asthma Basics\)](#) is the American Lung Association's free one-hour course designed to help people learn more about asthma. This course includes comprehensive resources, videos and downloads.





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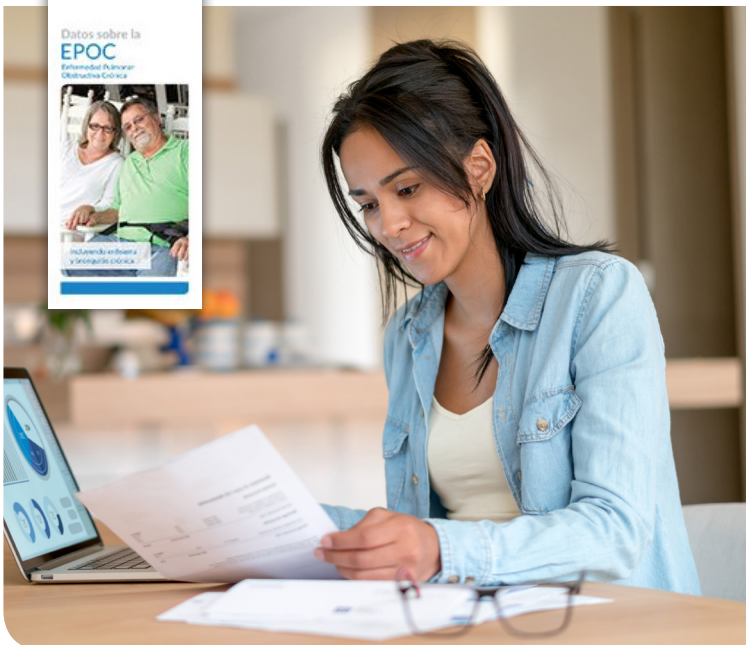
### Health Education Literature

The American Lung Association, through its publishing partner Staywell, has developed low cost, reader-friendly brochures and booklets to support Better Breathers Club members with COPD and other lung diseases.

#### Examples of these Spanish-language materials include:

- [Datos sobre la EPOC](#): 3133 (Facts about COPD)
- [Datos sobre la neumonía](#): 3315 (Facts about Pneumonia)
- [Datos sobre la influenza \(gripe\)](#): 3316 (Facts about Influenza)
- [Un día completo con EPOC](#): 2987 (Around the Clock with COPD)
- [Viva bien con enfermedad pulmonar crónica](#): 12188, (Living Well with Chronic Lung Disease Workbook)

Contact your local American Lung Association to learn more about ordering these and other materials.



### Short Education Videos

The American Lung Association YouTube channel offers several short educational videos in Spanish. These videos can support members looking for instructions on how to use asthma inhalers, Diskus<sup>®</sup> and nebulizer. Deep breathing instructional videos are also provided and offer support to members looking to learn how to practice Pursed Lip Breathing and Belly Breathing.

- [Cómo usar un inhalador para el asma Diskus<sup>®</sup>](#) (How to use a Diskus asthma inhaler)
- [Cómo usar un inhalador de dosis medida con un espaciador o cámara de retención con válvula](#) (How to use a metered dose asthma inhaler with a spacer or valved holding chamber)
- [Cómo usar un nebulizador](#) (How to Use a Nebulizer)
- [Cómo limpiar un nebulizador](#) (How to Clean a Nebulizer)
- [Respiración con labios fruncidos](#) (Pursed Lip Breathing)
- [Respiración abdominal](#) (Belly Breathing)

