Posters
A School-Based Asthma Management Program for Children
Normal Lungs
¡Qué día tan hermoso!

Nariz
Boca
Garganta
Laringe

Vías respiratorias (tubos bronquiales)
Músculos
Sacos aéreos (alvéolos)
Diafragma

Pulmón derecho
Pulmón izquierdo

Los pulmones normales
Lungs before an asthma episode

Muscles around tubes of lungs tighten
Airways swell

Muscles around tubes of lungs tighten
Airways swell

Lungs during an asthma episode

Enlarged cross section of a bronchial tube in normal breathing
Enlarged cross section of a bronchial tube in an asthma episode
Los pulmones antes de un episodio de asma

Los músculos alrededor de los tubos de los pulmones se aprietan. Las vías respiratorias se hinchan.

Los pulmones durante un episodio de asma

Sección transversal amplificada de un tubo bronquial en respiración normal

Sección transversal amplificada de un tubo bronquial en episodio de asma
Traffic Light
Semáforo
Step 1: Recognize your warning signs

Are you okay, Lee?

Ugh! My chest feels tight!

I’ll run and get coach.

Why don’t you sit down and rest?
Primer paso:
Reconoce tus señales de advertencia
Step 2: Tell an adult

I can’t breathe, Mom.

How do you feel, sweetie?
Segundo paso:
Díselo a un adulto
Step 3:
Take your asthma medicine
Tercer paso:
Toma tu medicina para el asma
Step 4:
Rest and relax
Cuarto paso:
Descansa y relájate
Story of Sandra
¿Qué debiéramos hacer, cariño?

La historia de Sandra
Red Light
Stop! Get help from the doctor.

Yellow Light
Be careful. Begin management steps.

Green Light
It’s okay to play.
Luz roja
¡Alto!
Obtener ayuda del doctor.

Luz amarilla
Tener cuidado.
Iniciar los pasos del tratamiento.

Luz verde
Está bien.
Jugar.
Find your asthma triggers at home
Encuentra tus factores desencadenantes del asma en casa
Find your asthma triggers at school
Encuentra tus factores desencadenantes del asma en la escuela
Be honest with yourself. How do you really feel?

Come on, Jerome, you’re going to be late for school.

Should I go to school today?
Sé sincero contigo mismo. ¿Cómo te sientes realmente?
Instead of worrying, what can you do?
En vez de preocuparte, ¿qué puedes hacer?
The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through research, education and advocacy. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases. For more information about the American Lung Association, a holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: Lung.org.