This handy asthma resource guide can help you find all kinds of asthma information. This guide provides the names, telephone numbers and Web sites of some of the top asthma information sources. It’s even sorted by age group!

**American Lung Association**
www.lungusa.org

*Parents:* Overview of asthma management/ control of asthma in schools/ list of asthma camps

*Children:* Locate an asthma camp in your area

*Teens:* Information for teen dealing with asthma

1-800-586-4872 Connects you to the closest local chapter
1-800-548-8252 Help Line connects you with a lung specialist
7 a.m. to 9 p.m. (Central) M-F

“Lung Disease” then “Asthma”

“Asthma Camp” in Search

“Asthma and Teens” in Search

**Starlight Starbright Foundation**
www.starlight.org/asthma

*Kids and Teens:* Features the popular “Quest for the Code,” an engaging online asthma adventure game for kids and teens

1-800-315-2580 8 a.m. to 5 p.m. M-F

“Play Now”

**KidsHealth**
www.kidshealth.org

*Parents:* Learn how to help your child manage asthma, stay healthy, and stay in school

*Children:* Find out what’s going on in your lungs and how to stay healthy

*Teens:* Answers, advice and straight talk about your body, your mind and your asthma

Contact only by e-mail on “Contact Us” page

“Patent Site” then “Asthma” in Search then “P-Asthma Center”

“Kid Site” then “Asthma” in Search then “K-Asthma Center”

“Teen Site” then “Asthma” in Search then “T-Asthma Center”

Continued on back
<table>
<thead>
<tr>
<th><strong>Government and National Institutes of Health Web sites</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National Asthma Education and Prevention Program</strong></td>
</tr>
<tr>
<td><a href="http://www.nhlbi.nih.gov/about/naepp/">www.nhlbi.nih.gov/about/naepp/</a></td>
</tr>
</tbody>
</table>

School and Child Care info/printable fact sheets/ wallet card/Asthma Action Plan

**Medline Plus**
http://www.nlm.nih.gov/medlineplus

Asthma info linked to medical encyclopedias/dictionaries/ drug information/ Interactive Tutorial

**Healthfinder**
[www.healthfinder.gov](http://www.healthfinder.gov)

Asthma health news/reliable info/ links from the U. S. Department of Health and Human Services

<table>
<thead>
<tr>
<th><strong>Environmental Protection Agency (EPA)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Environmental Protection Agency</strong></td>
</tr>
<tr>
<td><a href="http://www.epa.gov/asthma">www.epa.gov/asthma</a></td>
</tr>
</tbody>
</table>

Control indoor/outdoor asthma triggers/ the National Public Awareness and Media Campaigns/ free publications/downloads

**Indoor Air Quality-EPA**
[www.epa.gov/iaq/schools/](http://www.epa.gov/iaq/schools/)

Indoor Air Quality (IAQ) Tools for School Action Kit helps your school maintain a healthy environment for your child

**Attack Asthma. Learn More.**
[www.noattacks.org](http://www.noattacks.org)

*Parents*: Learn how to prevent asthma and asthma-proof your home.

*Child*: Funbook with games that teach you about asthma and triggers

**Centers for Disease Control and Prevention (CDC)**

<table>
<thead>
<tr>
<th><strong>Centers for Disease Control and Prevention (CDC)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Centers for Disease Control and Prevention (CDC)</strong></td>
</tr>
<tr>
<td><a href="http://www.cdc.gov/healthyyouth/asthma">www.cdc.gov/healthyyouth/asthma</a></td>
</tr>
</tbody>
</table>

*Parents*: Complete asthma research/statistics/publications

**CDC’s BAM Body and Mind**
[www.bam.gov](http://www.bam.gov)

*Youth and Teens*: Your questions answered about fitness/ food and nutrition/exercise/peer pressure/disease/safety/ take a quiz/play a game/create a fitness calendar

**CDC’s Verb™ It’s what you do.**
[www.verbnow.com](http://www.verbnow.com)

*Ages 9-13 (tweens)*: Generate a game idea/create a character/ go to the playground for jokes and games/make a music video with the Verb Yellowball and send to your friends

---

**Please note:** The CatchAir Youth Asthma Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you may need. You, as a member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the CatchAir Program.