ASTHMA RESOURCES

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 on line 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”

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Government and National Institutes of Health Web sites

National Asthma Education and Prevention Program
www.nhlbi.nih.gov/about/naepp/

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

Environmental Protection Agency (EPA)
Environmental Protection Agency
www.epa.gov/asthma

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

Indoor Air Quality-EPA
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

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)
Centers for Disease Control and Prevention (CDC)
www.cdc.gov/healthyyouth/asthma

Parents: Complete asthma research/statistics/publications

CDC’s BAM Body and Mind
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
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.