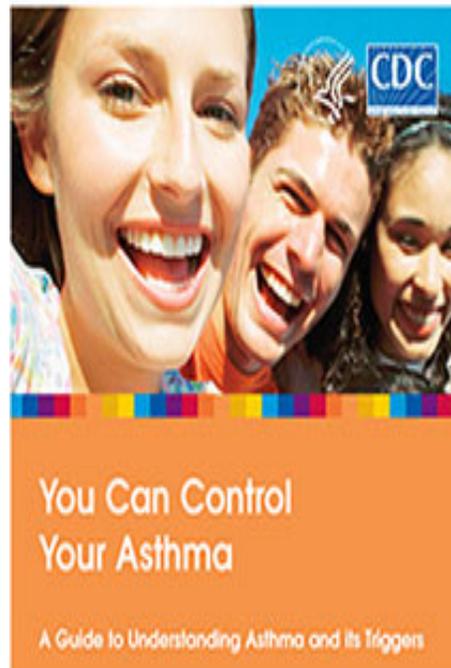
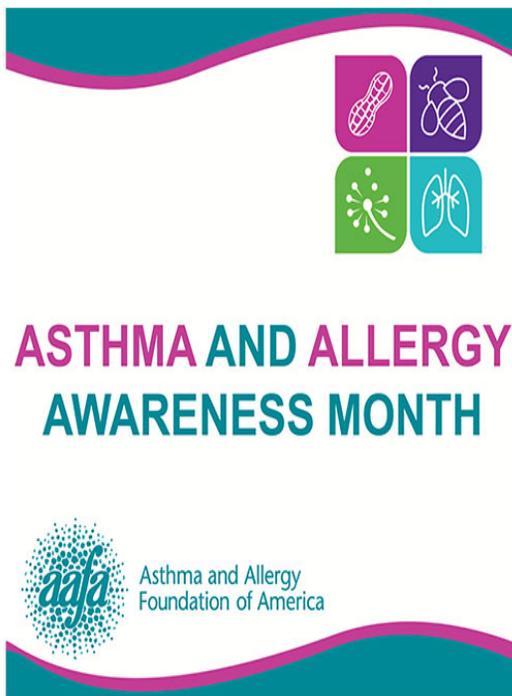


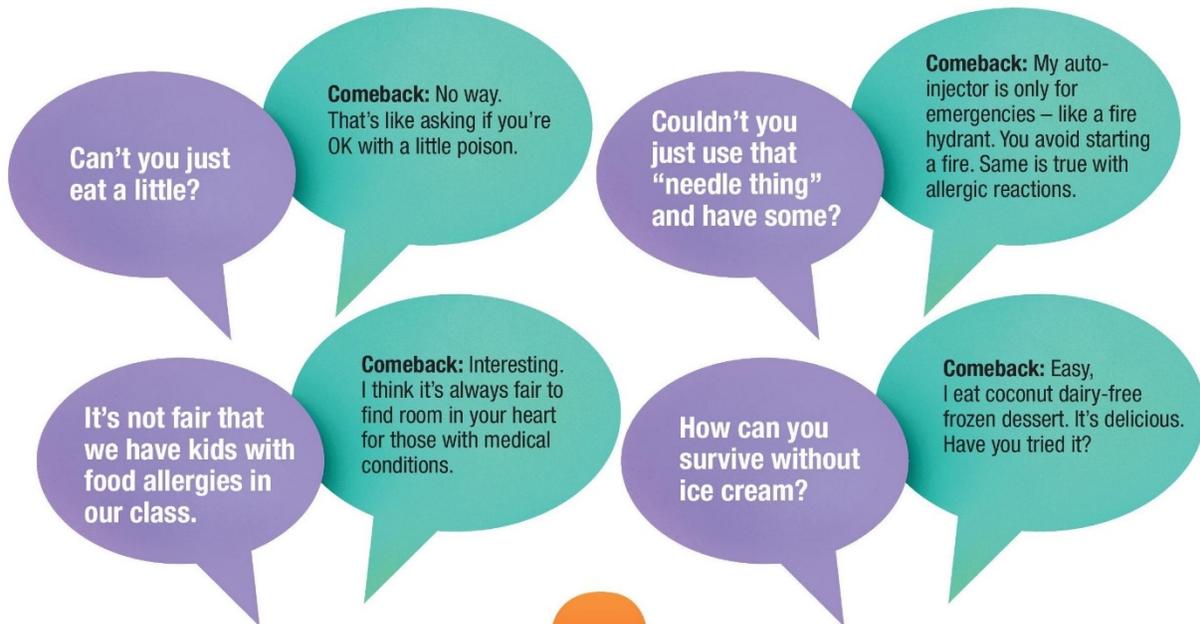
May is Asthma Awareness Month

Asthma Awareness Toolkit – You can use the items in CDC’s Asthma Awareness Month Toolkit to take control of and raise awareness about asthma.



TALKING FOOD ALLERGIES

Allergic Living magazine's snappy comebacks to common food allergy questions.



CONVERSATION STARTERS

Beyond the snappy answer, also use the moment to start a discussion that promotes food allergy understanding.

Topic 1: Eating a little. Explain that with severe food allergies or celiac disease, you can't take chances on "mystery" foods. Until there are cures, avoidance is what saves lives – *like yours*.

Topic 2: The auto-injector. Offer to show the person your epinephrine auto-injector and how it works. **Mention:** If I use it, then I'm having a serious reaction and must immediately go to the emergency room.

Topic 3: Accommodation is fair. Make the point that allergies are a legitimate and growing health concern.

Say: Let's find the balance to keep all students safe and included, while creating an exciting learning environment.

Topic 4: Safe Isn't Deprived. Explain: Allergies have led me to discover delicious food alternatives. While I must avoid a few foods, my diet is broad and interesting.

For more information visit allergicliving.com

Asthma is one of the most common lifelong chronic diseases. One in 13 Americans (more than 25 million) lives with asthma, a disease affecting the lungs and causing repeated episodes of wheezing, breathlessness, chest tightness, and coughing. On World Asthma Day (May 5, 2020) and throughout May, people with asthma and organizations dedicated to asthma control and education join together to increase awareness about asthma and improve the lives of all people with asthma.

Asthma Action Plans



Everyone with asthma needs his or her own Asthma Action Plan. Work with your health care provider to create a plan that works for you. Your goal is to prevent and control your asthma attacks. Be sure to include the three zones [created by the National Institutes of Health external icon](#) in your plan: Green for when you're doing well, Yellow for when your asthma is getting worse, and Red for a medical alert.

Doing Well

- I don't have cough, wheezing, chest tightness, or trouble breathing at any time.
- I can do all the things I usually do.
- When I use a peak flow meter my peak flow* is more than 80 percent or more of my best peak flow.
- Continue taking your long-term control medicine.

Asthma Is Getting Worse

- I have some cough, wheezing, chest tightness, or trouble breathing. Or
- I wake up at night because of my asthma. Or

- I can't do some of the things I usually do. Or
- When I use a peak flow meter my peak flow* is half to three quarters of my best peak flow.
- Add your quick-relief medicine and continue your long-term control medicine.
- If your symptoms get better after an hour keep checking them and continue your long-term control medicine.

- I have a lot of trouble breathing. Or
- My quick-relief medicines don't help. Or
- I can't do any of the things I usually do. Or
- I was in the yellow zone for 24 hours and I'm not getting better. Or
- When I use a peak flow meter my peak flow* is less than half of my best peak flow.
- Add the other medicines your doctor has prescribed and call your doctor.
- If your symptoms don't get better and you can't reach your doctor, go to the hospital.

Content source: [National Center for Environmental Health](#)