

FRESH AIR

Asthma Collaborative Newsletter • Fall 2015

Doctor's Corner

Welcome Back to School!

With the right information, school staff can effectively manage asthma symptoms in students with diagnosed asthma. Here are some important things to remember:

Exercise-Induced Asthma

Some students with asthma may only experience symptoms when they exercise. Exercise induced symptoms should be expected in all students with asthma. Symptoms will usually begin during exercise and peak 5-10 minutes after stopping exercise. Symptoms include, but are not limited to coughing, wheezing, rapid breathing, chest tightness, and shortness of breath or inability to catch their breath.

Students with exercise induced asthma should consult their doctors to create an action plan, which may include taking their quick-relief inhaler 10-20 minutes before beginning exercise to prevent symptoms. All students with asthma should carry their quick-relief inhaler with them during any physical activity.

Get your flu shot!

Flu season will be here soon! Please visit your doctor or local pharmacy to get vaccinated. Vaccinations for flu are very important – especially for asthmatics.

Access to Inhalers

Any student in California is allowed to carry and administer their inhalers with written permission from both their parents/guardians and their doctor. See the California Education Code Section 49423.1 for more information.

Inhaler Counts

All inhaler brands will put how many doses each inhaler contains right on the box. Most inhalers also have counters on the back to help track how many doses of medication are available to use. The inhaler will emit an aerosol even after medication runs out, so it's important to keep track of how many doses are left to ensure students are receiving medication when they need it.



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Faces of Asthma



Ana and Her Three Children

In Ana's family, three out of her four children have asthma. Ana has asthma herself, but her children are her main concern. Ana's oldest son Julio (20), was the first to get diagnosed when he developed a persistent cough. Her other two kids, Isabel (17) and Francisco (10), were diagnosed the same way. Although Julio seems to be doing okay nowadays, Isabel and Francisco still suffer when they are physically active outside or there is a weather change. The biggest concern for Ana is when her kids leave for school, especially her youngest, because they need to take medication multiple times a day. Ana has attended two asthma classes, and has learned something new each time. For instance, during her second class, she learned that aspirin may worsen asthma symptoms in children. Not only does she feel more comfortable caring for a house full of asthmatics, she encourages all parents with asthmatic children to attend the classes. She strongly believes in the Parent Asthma Classes and would like to see more of them.



Check Before You Burn

Residents must check before they use indoor or outdoor fireplaces, wood stoves, fire pits, or any other method of burning materials from November to February each year. When the air quality is bad, you might not be allowed to burn. Failure to check could result in high fines! Call 1-877-NOBURN-5 (1-877-662-8765) to get the daily burn status. For more information on the Check Before You Burn program visit <http://www.sparetheair.com/burncheck.cfm>.

Tobacco Cessation Resources



Smoking is not only bad for your health – it can trigger asthma symptoms in you or those around you. Did you know that e-cigs can contain even more harmful particles than tobacco smoke? There are many free resources to help you quit. Visit the websites below for more information.

CA Smokers' Helpline, 1-800-NO-BUTTS or <http://www.nobutts.org/>
TobaccoFreeCA, <http://www.tobaccofreeca.com/>

Parent Asthma Classes

Our Parent Asthma Classes are FREE and open to anyone. You'll get to learn all about asthma, receive asthma resources, and get a \$10 gift card for participating.

Please contact Katie at kgarcia@sacbreathe.org or 916-444-5900 extension 215 if you'd like more information. Translation is available upon request.

Date and Time	Location
November 18, 2015 8:00-9:00am	Norma Johnson Head Start 3265 Norwood Ave. Sacramento CA 95838
November 18, 2015 12:30-1:30pm	North Avenue Head Start 1281 North Ave. Sacramento CA 95838
March 2, 2016 3:30-4:30pm	Pacific Elementary 6201 41st Street, Sacramento, CA 95824
March 9, 2016 8:00-9:00am	Father Keith B. Kenney Elementary 3525 Martin Luther King Jr. Blvd, Sacramento, CA 95817
March 16, 2016 8:00-9:00am	Norma Johnson Head Start 3265 Norwood Ave. Sacramento CA 95838
March 16, 2016 12:30-1:30pm	North Avenue Head Start 1281 North Ave. Sacramento CA 95838
April 5, 2016 8:00-9:00am	Ethel Phillips Elementary 2930 21st Ave, Sacramento, CA 95820

Mobile Asthma Screenings

Do you think you or your child might have asthma? Come to one of our FREE mobile asthma screenings!

Medical professionals will be on site to screen you and your children for asthma. You'll get resources to help you manage symptoms and a \$10 gift card for participating. No insurance is required.

Date: November 12, 2015 and December 9, 2015

Time: 4:30-6:30pm

Location: John Still Elementary School, 2250 John Still Dr, Sacramento, CA 95832

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