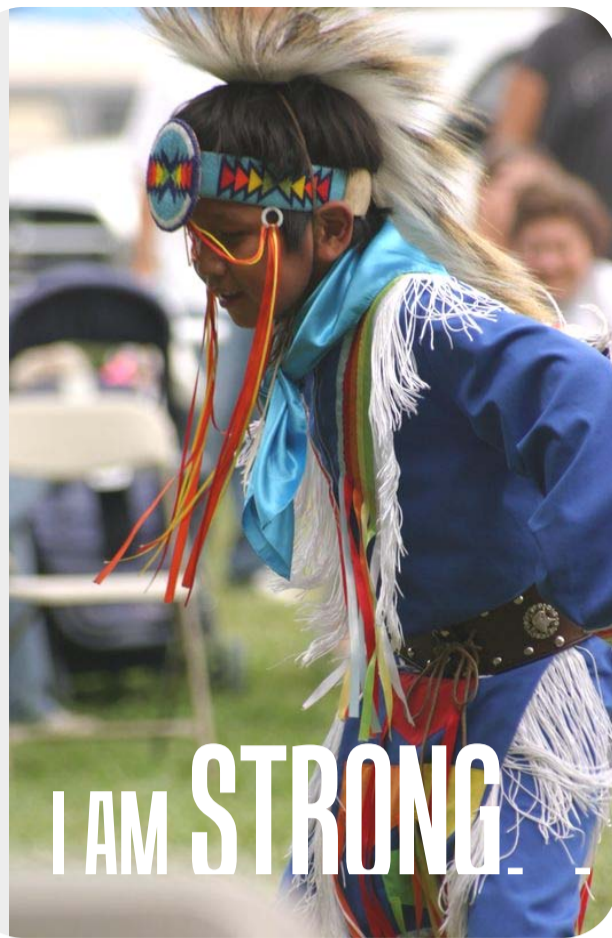




I AM FAST . . .



I AM STRONG . .



I CHOOSE
CLEAN AIR. . .

. . . and leave my **asthma** in the dust!

OUTDOORS

- ☞ I ask my family to sign up for the “Breath-Easy Network”, alerting us by email when outside air is bad for my lungs... www.alaw.org
- ☞ I stay away from buses and trucks that are idling, since black and grey smoke is toxic and hard on my lungs.
- ☞ I ask my teacher to tell me **before** someone sprays chemicals by our school.

POLLENS

- ☞ I ask my family to have me tested for allergies, because grass & tree pollens affect many people with asthma.
- ☞ I take my allergy medicine regularly.
- ☞ I ask my family to dust inside our house with a wet cloth, because pollens come in through windows and doors.

DUST MITES

- ☞ I make sure my pillow and mattress have dust-proof covers, so I don’t breathe dust-mite debris.
- ☞ I ask my family to wash my sheets weekly in very hot water, and to vacuum if there is carpet in my room.
- ☞ I keep stuffed animals off my bed and freeze them weekly to kill dust mites.

PETS

- ☞ I keep my cat or dog off my bed and out of my bedroom so their fur doesn’t make me cough and wheeze.
- ☞ I ask my family to vacuum carpets every week to keep the fur and dirt out of my air - and lungs.

CHEMICALS

- ☞ I ask my family to use non-toxic cleaners.
- ☞ I ask my family to check the gas stoves, fireplaces and heaters in our house, to make sure they vent to the outside—not letting toxic gases into our house.
- ☞ Anything that makes me cough, makes my eyes water or my throat burn, I ask to have kept in a sealed box or in the garage.

WOODSMOKE

- ☞ At ceremonies and celebrations, I limit my time around the smoke. Whenever I am wheezy or tight in my chest, I stay away from the smoke.
- ☞ I ask my family to not burn garbage, to use only dry wood for fires and to use a “certified” woodstove if they can.

MOLDS

- ☞ If I see or smell mold in my house (all sorts of colors but mostly black and grey), I ask my family to clean the area with a non-toxic cleaner. *(Bleach will irritate my lungs so detergent is better).*
- ☞ I ask my family to always use a fan in the kitchen and bathroom, where molds love to grow.



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TOBACCO SMOKE

- ☞ I let adults know that tobacco smoke makes it hard for me to breathe, makes my asthma a lot worse and can make me get more colds and ear infections.
- ☞ I ask adults to leave their “smoking clothes” outside.