

Clear and Easy #12



Molina Healthcare
24 Hour Nurse Advice Line
(888) 275-8750

TTY: (866) 735-2929

Molina Healthcare
Línea de TeleSalud
Disponible las 24 Horas
(866) 648-3537

TTY: (866) 833-4703

Titles by Clear and Easy

Book 1 – Pregnancy

Book 2 – Diabetes

Book 3 – Stress and Depression

Book 4 – End Stage Renal Disease (ESRD)

Book 5 – Asthma

Book 6 – Chronic Obstructive Pulmonary
Disease (COPD)

Book 7 – Congestive Heart Failure

Book 8 – Hypertension

Book 9 – Coronary Heart Disease

Book 10 – How to Take Care of Your Sick
Family

Book 11 – Help to Quit Smoking

Book 12 – Kids and Asthma

Book 13 – Kids and Diabetes

Book 14 – How to Keep Your Family Healthy

Book 15 – Asthma and COPD

Book 16 – Hypertension and Coronary Heart
Disease

Book 17 – Postpartum: Caring for You and
Your Newborn

Do you have health questions? Call Molina Healthcare's Nurse Advice Line. Places to put our number:

- On all your home phones.
- Your cell phone. Add us to your list of contacts.
- Your purse or wallet.
- Refrigerator door.
- Bedroom nightstand.
- In your medicine cabinet.
- In easy to reach places.



NM Members:

Molina Healthcare services are funded in part under contract with the State of New Mexico.

Clear and Easy

Book 12 – Kids and Asthma

Important Phone Numbers

Provider: _____

Provider: _____

Family: _____

Neighbor: _____

Molina Healthcare offers programs to help members stay healthy. These health and wellness programs are at no cost to you. They are part of your benefits. Programs include:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Health
- Pregnancy Support
- Stop Smoking

Molina Healthcare uses different ways to identify members for these programs. These include information from claims, pharmacy or other health programs. You are eligible for one or more of these programs. The choice is yours.

Our providers, nurses and other staff are here to help you learn about your health. You can talk with them by phone to get answers to your questions. You can also get more information such as a newsletter or booklet. Our staff can help you stay in touch with your health care provider. They can help you understand your treatment. They can also help you if you have any problems.

You are part of one of these programs. Call us if you would like more services. Your health care provider can call us too. The number to call is **(866) 891-2320**. You can choose to be removed at any time. We look forward to helping you stay in good health.

If you need this booklet in another language, large print, Braille or audio format, please call the Member Services number on the back of your ID card.

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Introduction

Everyone needs help to stay healthy. Being healthy can sometimes take a little work. When we are healthy, we are able to do fun activities with our families and friends. Usually staying healthy means going to see a health care provider to get check-ups, eating well and exercising. Kids with asthma need to pay close attention to their bodies to stay healthy. It is important to talk to your health care provider about steps you can take to stay healthy.

If you have questions about your health, be sure to see your health care provider for treatment. If your school has a nurse, you can visit her too. If you don't feel well she can help you decide what to do.

What Is Asthma?

Asthma is a disease of your lungs and airways (breathing tubes). The airways swell and become narrow. Asthma can cause wheezing, chest tightness, shortness of breath and coughing. The coughing can happen at night or early in the morning. Asthma affects people of all ages but it most often starts when you are a kid.

The airways are tubes that carry air into and out of your lungs. The tubes have muscles around them. People with asthma have sensitive airways. They have a reaction when they breathe in certain things. This is an asthma attack. The muscles tighten and less air flows into the lungs. The swelling can get worse, making

it harder to breathe. The lungs make more mucus, which makes it even harder.

Sometimes, asthma symptoms are mild and go away on their own if you sit down and rest. Treatment with an asthma medicine like an inhaler can also stop the attack. Other times symptoms may get worse.

You can use a peak flow meter to check your lungs. It is a small machine. You breathe into it and it shows if your lungs are working well or not.



When symptoms get worse, you're having an asthma attack. It's important to tell an adult as soon as you notice you are not breathing well. That way you can get treated right away. Don't wait until you feel worse. Severe asthma attacks may need emergency care.

Goals for Asthma Treatment

The goal of asthma treatment is to safely help you do the activities you want to do. If your asthma is in good control, you can do most everything other kids can do. Your asthma is in good control if:

- You don't have coughing and shortness of breath.
- You don't need quick-relief medicines as much.

- You can meet your peak flow meter goal.
- You can do your normal activities.
- You can sleep through the night.
- You don't need to go to the emergency room or hospital.

There is a lot you can do to help control asthma. Talk to your provider about:

- Your asthma treatment goals and how to achieve them.
- How to use your inhaler.
- How to avoid asthma triggers.
- Warning signs of an asthma attack.

Ask for a written asthma action plan in case you have an asthma attack. Be sure you understand it. Show it to all the

adults in your life like your family and your teacher. They can help you if you have an attack.

Exercise

Check with your health care provider to make sure it's OK to exercise. People with asthma should not just sit around. If your asthma is controlled, you can exercise and play with your friends and family. Exercise can help you be healthy. It helps your lungs and breathing muscles. It will help your immune system and it helps your body stay strong.

If you have asthma that gets worse when you exercise, you should follow your asthma action plan. When you exercise, keep your rescue inhaler with you. Tell your friends and the adults that take care of you what you need if you have an

attack while exercising. Your health care provider may also want you to take your rescue inhaler before your exercise.

When you exercise, start slowly. Make sure you warm up and cool down. Take rests when you need them. It is always okay to call for a water break. Don't exercise outside if it's hot or smoggy. If pollen triggers your asthma, exercise or play indoors. If you feel like you are having trouble breathing, STOP and take your rescue inhaler. Sit up and wait until the symptoms get better. If



they don't get better in a few minutes, take your rescue inhaler again.

Asthma Triggers

Your provider can help you find out what you are sensitive to. These are called allergens and irritants. You should avoid these. There are steps you can take to help control your asthma.

Allergens

Animal - Some people are allergic to animals with fur or feathers. The best thing to do is to keep furry or feathered pets outdoors.

Things that can help:

- Keep the pet out of your bedroom and other sleeping areas.

Dust Mites - Many people with asthma are allergic to dust mites. Dust mites are tiny bugs that are found in every home. They are found in:

- Mattresses and pillows
- Carpets
- Fabric covered furniture
- Stuffed toys

Things that can help:

- Put a special dust-proof cover on your mattress and pillow.
- Wash the pillow and all your bedding each week in hot water. Water must be hotter than 130° F to kill the mites. You can also use cold or warm water with detergent and bleach.

- Keep stuffed toys out of the bed. Wash the toys each week in hot water. You can also use cold or warm water with detergent and bleach.

Cockroaches - Many people are allergic to the dried droppings and remains of cockroaches.

Things that can help:

- Keep food and garbage in closed containers. Never leave food out.
- An adult can use traps or baits to kill any cockroaches that are in the home. Make sure you are not in the house when these are used.
- If a spray is used to kill roaches, stay out of the room until the odor goes away.

Indoor Mold

- Clean moldy surfaces with a cleaner that has bleach in it.

Pollen and Outdoor Mold - During allergy season:

- Try to keep your windows closed.
- Stay indoors with windows closed from late morning to afternoon, if you can. Pollen and some mold spore counts are highest at that time.
- Your health care provider might change your medicine before allergy season starts.

What Makes Asthma Worse?

Tobacco Smoke

- Stay away from smoke! Smoke in the air makes it harder for you to breathe and is bad for your asthma.

Smoke, Strong Odors and Sprays

- If possible, stay away from wood-burning stoves, kerosene heaters or fireplaces.
- Try to stay away from strong odors and sprays. Examples are perfume, talcum powder, hair spray and paints.

Vacuum Cleaners

- Stay out of rooms while they are being vacuumed and for a short while afterward.

Cold Air

- Cover your nose and mouth with a scarf on cold or windy days.

Other Medicines

- Tell your provider about all the medicines you take.

Warning Signs of an Asthma Attack

Some of these things can warn you that you may have an attack. If you know what to expect, you can prepare yourself:

- Waking up at night.
- Difficulty breathing.
- Wheezing.
- Coughing, especially at night.
- Chest tightness.

- Feeling very tired.
- Itchy or sore throat.
- Itchy nose.
- Itchy, watery or glassy eyes.

Be sure to take your medicines just as your provider tells you. This is important so you keep feeling your best. If you have any questions, call your health care provider.

Support

It can be hard to take your medicines and follow your treatment plan all the time. There will be times when your asthma gets in the way of something fun you want to do.

Sometimes, even when you do everything right, your asthma can still give you trouble.

It can be nice to find friends who also have asthma to spend time with. It's important to talk to adults you trust if you are having trouble with your asthma or your feelings about asthma.

Talking to a teacher at school, the school nurse, your provider or another trusted adult can be helpful. Keeping yourself healthy is a lot of responsibility. Ask for help when you need it!

Tell your family and friends how you feel. Let them know how they can help you.

How Can Family or Friends Help?

Your friends and family can help you by:

- Reminding you to take your medicines.
- Helping you buy and prepare healthy foods.
- Taking a walk with you.
- Going to provider visits with you.

Fun Word Search

E	H	G	Y	L	P	W	S	F	A	J	E	C	Q	H
D	N	G	G	P	G	D	G	Z	B	H	B	S	G	T
R	R	I	W	L	D	Z	I	G	T	I	W	Q	V	Q
E	Z	Z	C	W	T	X	S	A	G	T	L	M	Z	V
T	L	U	V	I	T	H	E	S	O	G	H	O	W	D
I	X	Y	W	X	D	R	J	A	B	L	I	Q	B	C
U	D	W	H	V	B	E	H	G	U	O	C	L	Y	J
T	J	C	E	M	B	U	M	E	R	L	T	B	M	L
A	F	U	E	L	J	K	L	C	E	A	Y	U	F	F
X	I	F	Z	F	R	F	O	U	L	P	A	U	H	U
Q	Q	R	Y	U	B	K	Q	G	A	V	B	C	L	S
V	E	X	W	E	E	Z	W	I	H	Y	K	U	X	T
K	E	E	G	A	D	P	N	P	N	W	N	B	G	K
B	G	X	C	E	Y	H	R	O	I	G	W	H	R	P
H	E	A	L	T	H	Y	T	E	S	W	V	V	P	T

Find these words: (some may be diagonal or backwards)

AIRWAY

INHALER

BREATHE

COUGH

HEALTHY

LUNGS

MEDICINE

WHEEZY

Asthma Action Plan

Address:

Telephone Number:

Emergency Contact Name:

Hospital/Emergency
Department Number:

Long-Term Control Medicines

Name	Dose	When To Take

Quick-Relief Medicines

Name	Dose	When To Take
Short-acting beta2-agonist		

My Peak Flow

My best peak flow:

Green Zone

(80-100 percent of best peak flow)

Yellow Zone

(50-79 percent of best peak flow)

Red Zone

(Less than 50 percent of best peak flow)

Resources

National Heart, Lung, and Blood Institute National Asthma Education and Prevention Program

P.O. Box 30105

Bethesda, MD 20824-0105

<http://www.nhlbi.nih.gov/about/naepp/>

American Lung Association

1740 Broadway, 14th Floor

New York, NY 10019-4374

<http://www.lung.org/lung-disease/asthma/>

Asthma and Allergy Foundation of America

1125 15th Street, NW, Suite 502

Washington, DC 20005

<http://aafa.org/index.cfm>

Allergy and Asthma

Network/Mothers of Asthmatics

3554 Chain Bridge Road, Suite 200

Fairfax, VA 22030

<http://www.aanma.org/>

U.S. Environmental Protection Agency

Indoor Air Division

“Indoor Air Quality: Tools for Schools”

401 M Street, SW (6607J)

Washington, DC 20460

<http://www.epa.gov/asthma/index.html>

Healthy Kids: The Key to Basics

79 Elmore Street

Newton, MA 02159-1137

[http://www.healthy-kids.info/
indoorairquality.html](http://www.healthy-kids.info/indoorairquality.html)

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