

Asthma Resources for Parents and Caregivers

Asthma Basics

Asthma Basics is a 50-minute online learning tool that helps people learn about asthma. The course is ideal for anyone with asthma, parents, caregivers, friends, and family. Participants learn to:

- Recognize and manage asthma symptoms
- Identify and reduce asthma triggers
- Understand the value of an Asthma Action Plan
- Respond to a breathing emergency

Asthma Basics includes videos and printable documents, plus animation that shows what happens to the airways during an asthma episode. To learn more, visit

www.Lung.org/asthmabasics.

Everyone who completes Asthma Basics will receive a free asthma trigger checklist and reminder magnet!

Lungtropolis® Where Kids with Asthma Learn to Play

For ages 5 to 10

If you have a child with asthma, Lungtropolis (www.lungtropolis.com) is the web site to visit together. You'll find action-packed games designed to help kids control their asthma — plus advice for parents like you.

[Lungtropolis Kids - let's play!](#)

The city of Lungtropolis is under attack from the mucus mob, and it's up to your child to save it! When kids visit Lungtropolis, they become asthma control agents and conquer the mucus mob. While playing, they watch videos and get helpful tips to learn how to control their asthma.



[Lungtropolis Parents](#)

Lungtropolis Parents guides you through steps to help recognize and manage your child's asthma symptoms. Interactive quizzes and questionnaires make it easy to learn how to keep your child healthy and active.

Lungtropolis was developed by ORCAS in partnership with the American Lung Association.

Lung HelpLine

The American Lung Association Lung HelpLine is a free resource to provide answers to your questions about asthma and other lung diseases. Trained nurses and respiratory therapists are standing by to take your call.

Have a question? Call the American Lung Association Lung HelpLine at 1-800-LUNGUSA or 1-800-586-4872 today.