

Many children with asthma look normal, healthy, and are active



Did you know...

- 1 in 7 children in Hawai'i have asthma
- There are 4 children with asthma in every elementary and intermediate classroom in Hawai'i
- 3 out of 5 children hospitalized for asthma are under 5 years old
- In Hawai'i, approximately 31,600 children 0 – 14 years have asthma
- Asthma is one of the most common reasons for school absences
- Children with allergy problems like hay fever and eczema are more likely to have asthma

For more information on asthma and community programs, contact:

American Lung Association of Hawaii

Honolulu 537-5966

Maui 244-5110

Kaua'i 245-4142

Big Island 935-1206

Website: www.ala-hawaii.org

For more information on asthma programs and referrals to doctors and health centers, contact:

Ask Aloha United Way

Toll-free 211

All islands, all hours

Website: www.askalohaunitedway.org

Partners Against Asthma

Goal: To reduce the negative consequences of asthma among Hawai'i's children from birth to 12 years of age

A special mahalo to:

HMSA Foundation

For sponsoring Partners Against Asthma

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Dr. Ken Cheung
for illustrations

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Can my child have **ASTHMA** without my knowing it?



Common Symptoms of Asthma

Does your child have any of the following symptoms without fever?



Cough that gets worse, or only happens, at night

YES NO



Tightness in chest

YES NO



Cough that gets worse with exercise

YES NO



Shortness of breath

YES NO



Cough that doesn't go away

YES NO



Wheezing

YES NO

If you checked **yes** to any of the above symptoms, your child may have asthma. See your child's doctor. Work with your doctor to find an appropriate treatment. To get a referral to a doctor or a community health center near you, call:

Ask Aloha United Way

211 toll-free

All islands, all hours

Website: www.askalohaunitedway.org

Your child does not have to live with these symptoms.



American Lung Association



If your child has a hard time breathing

when around cockroaches, dust mites, pets, smoke, or mold, here are some things you can do:

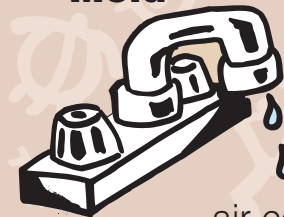
Smoking

- Do not allow smoking in your home or around your child
- Be sure no one smokes at your child's day care center, babysitter, or school

Dust Mites

- Cover your child's mattress, box spring, and pillow in special "dust mite-proof cases" 
- Wash your child's sheets and blankets every week and air dry in the hot sun or use a dryer 

Mold



- Fix leaky faucets, pipes, or other sources of water
- Clean drains and air conditioning filters regularly
- Clean moldy surfaces with a cleaner that has bleach in it
- Remove damp and moldy carpets
- Do not use old wool blankets

Pets

- Remove pets from home 
- Keep pets out of your child's bedroom and keep the bedroom door closed
- Keep pets out of rooms that have cloth-covered furniture and carpets

Cockroaches

(Many people with asthma are allergic to dead roaches and cockroach doo-doo or droppings)



- Get rid of roaches from your home by using traps
- Keep all food out of your child's bedroom
- Keep food and garbage in closed containers

Strong Odors

- Avoid using strong smelling cleaning products, perfume, and after-shave lotion

Asthma cannot be cured, but it can be controlled.