Can my child have asthma without my knowing it?

For more information on asthma and community programs, contact:
American Lung Association of Hawaii
Honolulu 537-8966
Maui 244-5110
Kaua‘i 245-4142
Big Island 908-1106
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 Hawaii’s children from birth to 12 years of age

A special mahalo to:
HMSSA Foundation
For sponsoring Partners Against Asthma
Queens Physician’s Group
for concept of the illustrations on symptoms
Dr. Ken Cheung
for illustrations
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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
Common Symptoms of Asthma

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

- Cough that gets worse, or only happens, at night
- Cough that gets worse with exercise
- Cough that doesn't go away
- Shortness of breath
- Tightness in chest
- Wheezing

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.askaloaunitedway.org

Your child does not have to live with these symptoms.

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

**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

**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

**Asthma cannot be cured, but it can be controlled.**