IN THIS ADVENTURE WE ARE GONNA LEARN ABOUT ASTHMA! LET’S SEE WHAT YOU KNOW ABOUT IT ALREADY!

TAKE THE PRE-TEST WITH DARBY BOINGS! ANSWER THE QUESTIONS, TRUE OR FALSE.

1. YOU CAN CATCH ASTHMA LIKE A COLD OR THE FLU.
   - TRUE    - FALSE

2. IF YOU HAVE ASTHMA YOU CAN’T PLAY, EXERCISE, OR PLAY SPORTS.
   - TRUE    - FALSE

3. A PERSON WITH ASTHMA NEEDS TO TAKE THEIR CONTROLLER MEDICINE EVERY DAY, EVEN WHEN THEY’RE FEELING FINE.
   - TRUE    - FALSE

4. IT IS IMPORTANT TO KNOW WHERE YOUR RESCUE INHALER IS AT ALL TIMES.
   - TRUE    - FALSE

5. A PEAK FLOW METER HELPS YOU CHECK YOUR BREATHING.
   - TRUE    - FALSE

WE’LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!

DISCLAIMER. This book provides general information about asthma and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

MY NAME IS

AND I AM JOINING DARBY BOINGS ON HIS ADVENTURE THROUGH PUFFLETOWN!
Darby Boings, Kit Sprocketts, and Louie went to the park for a kickball game. Darby and Windy Playwell coached the town’s team - the Claytown Kickers!

It's a nice sunny day to play kickball, Windy!

Welcome to Claytown!

The Claytown Kicker teammates were excited about their big game with the Puffletown Posse.

Home of the Claytown Kickers

It will be fun to get some exercise with our team!

Darby Boings and Windy Playwell welcomed Fuzzy & Pollen and Dr. Von Wheezles to Claytown!

Hi there! I’m Fuzzy & Pollen! And this is my friend, Dr. Von Wheezles!

Spike Armstrons, the Kickers’ star player, was sad to have to sit out the game. Spike couldn’t play kickball because of his asthma.

What’s wrong, Spike?

I have asthma! I shouldn’t play kickball today. I might have an episode, and that can be scary!

Owhhhh!
COACH WINDY EXPLAINED THE EPISODE SPIKE HAD DURING CLASS. AFTER GOING TO HIS DOCTOR FOR TESTS, SPIKE LEARNED WHAT HIS SYMPTOMS MEANT.

IN GYM CLASS, SPIKE STARTED HAVING PROBLEMS BREATHING.

WHEEZING
HEADACHE
ITCHY THROAT
DIZZINESS
WATERY EYES
SNEEZING
COUGHING
FEELING TIRED
HARD TIME BREATHING
RUNNY NOSE
FAST HEARTBEAT

HE WAS HAVING AN ASTHMA EPISODE!

DR. VON WHEEZLES, FROM THE PUFFLETOWN POSSE, OVERHEARD WINDY TALKING ABOUT SPIKE’S CONDITION. HE DESCRIBED TO WINDY, SPIKE, AND DARBY WHAT HAPPENS DURING AN ASTHMA EPISODE.

NORMAL LUNGS

ASTHMA EPISODE

IN NORMAL LUNGS, THE AIR GOES IN AND OUT VERY EASILY! THE PARTS OF YOUR LUNGS THAT CARRY THE AIR OUT ARE OPEN AND CLEAR!

BUT IN AN ASTHMA EPISODE, IT’S HARD TO BREATHE! BECAUSE THE WIND PIPES BECOME TIGHT AND COATED WITH THICK, STICKY STUFF CALLED MUCUS! THE MUSCLES TIGHTEN IN YOUR LUNGS, MAKING IT HARD TO BREATHE.

SPIKE SHOWED HOW HE USED A SPECIAL TOOL CALLED A PEAK FLOW METER TO TELL HIM HOW WELL HIS LUNGS ARE WORKING. USING THAT AND HIS BREATHING MEDICINE HELPED KEEP HIS ASTHMA UNDER CONTROL.

MY DOCTOR TOLD ME ALL ABOUT MY ASTHMA AND HOW TO USE MY PEAK FLOW METER. HE ALSO TAUGHT ME ABOUT THE CONTROLLED MEDICINE I TAKE EVERY DAY.

AND DON’T FORGET ABOUT YOUR ASTHMA ACTION PLAN!

YES.

SPIKE EXPLAINED TO HIS FRIENDS THE COLOR CODES THAT LET HIM KNOW HOW HIS BREATHING AND HIS ASTHMA ARE DOING.

WHAT’S AN ASTHMA ACTION PLAN, SPIKE?

SAFETY ZONE
NO COUGH/WHEEZING
BREATHING IS EASY

CAUTIOUS ZONE
SHORT OF BREATH
COUGHING/WHEEZING

DANGER ZONE
DIFFICULTY WALKING, TALKING. VERY BAD BREATHING PROBLEMS
DR. VON WHEEZLES REMINDED SPIKE WHAT EACH COLOR ON HIS PEAK FLOW METER MEANT AND WHAT TO DO AT EACH LEVEL.

When your peak flow meter is **green**, you feel good — you can get up and go!

When it is **yellow** — slow down and take your rescue medication.

If it is **red** — stop! Get help from an adult right away or call 911!

Fuzzy & Pollen helped to explain more about asthma and what it means.

**What makes Spike have an asthma episode?**

My friend Fuzzy & Pollen can explain what causes an episode.

Things that make your asthma worse are called *triggers*.

They make parts of your lungs swell and cause that sticky mucus stuff!

Dr. Von Wheezles explained to the Claytown Kickers and the Puffletown Posse about an asthma inhaler.

An asthma inhaler works fast to open the airways in the lungs, so Spike can breathe.

With his control medicine, his peak flow meter, and carefully watching his breathing, Spike was cleared to have fun!

With check your breathing daily!

Know your zone!

Always know where your inhaler is!
But wait... Spike Armstrong forgot something very important!

Good thing Coach Windy Playwell was there to help him out!

I think I forgot something!

Don’t forget your spacer. It is really important because it helps your body use the inhaler medicine better!

So Spike found the inhaler in his backpack and remembered his doctor’s visit where he learned how to use his inhaler and spacer!

I know how to use my spacer, just like my doctor showed me...

1. Shake your inhaler 3-4 times before you use it.
2. Remove the cap from your inhaler.
3. Put your inhaler into the spacer.
4. Take a deep breath out.
5. Put the mouthpiece between your teeth and tighten your lips around it.
6. Press the top of your inhaler one time.
7. Take a deep breath in slowly.
8. Hold your breath and count to 10, and then breathe out.

Spike’s peak flow meter was in the green, and he felt so well he was able to play in the big game.

Yeah!

You kicked that ball and your triggers out of the park!

Spike gave a super kick to the kickball, and both the Claytown Kickers and the Puffletown Posse cheered him on!

It’s good to be kickin’ and breathin’ well!

Home Run!!

That is awesome!
COLOR ALL OF THE PLACES IN PUFFLETON THAT COULD BE ASTHMA TRIGGERS FOR SOMEONE!
WATCH YOUR TRIGGERS!

COLOR THE BALLOONS THAT ARE YOUR TRIGGERS!

ADD YOUR FAVORITE STICKER HERE!

SAY THE NAME OF EACH PICTURE. WRITE EACH WORD ON THE LINE, THEN CIRCLE THE WORDS HIDDEN IN THE PUZZLE.

LUNG S C E S A O R B E A T H
Z N O O K M O O K E A H
D Z T H O I A R T S C T E G D A H
HELP DARBY BOINGG AND SPIKE ARMSTRONG FIND THEIR WAY TO DR. VON WHEEZLES BY FOLLOWING THE MAZE!

MAKE YOUR OWN ASTHMA ADVICE TELLER!

1. CUT OUT THE SQUARE BELOW.
2. FOLD ALL FOUR CORNERS INTO THE CENTER.
3. FLIP THE PAPER OVER AND FOLD THE FOUR CORNERS INTO THE CENTER AGAIN.
4. FOLD THE SQUARE IN HALF. UNFOLD AND FOLD THE OTHER WAY.
5. UNFOLD AND PULL THE ENDS TOGETHER TO MAKE A DIAMOND-LIKE SHAPE.
6. SLIDE YOUR FINGERS INTO THE FLAPS.
YOUR CLAYTOWN AND PUFFLETON FRIENDS ARE HERE TO HELP YOU WITH A FUN WAY TO LEARN ABOUT ASTHMA!

1. ONCE YOU HAVE FOLDED THE ASTHMA ADVICE TELLER, HOLD IT CLOSED WITH BOTH THUMBS AND POINTER FINGERS IN THE POCKETS. YOU WILL SEE DARBY, KIT, SPIKE, AND FUZZY ARE ON TOP!

2. PICK A FRIEND TO PLAY WITH! HAVE YOUR FRIENDS CHOOSE DARBY, KIT, SPIKE, OR FUZZY AND SPELL THEIR NAME OUT LOUD AS YOU OPEN AND CLOSE YOUR FINGERS, ONE LETTER AT A TIME. FLAPPING IT OPEN AND CLOSED, D-A-R-B-Y!

3. THEN ASK YOUR FRIEND TO CHOOSE A COLOR FROM THE TWO THAT ARE SHOWING. SPELL THE COLOR OUT LOUD ONE LETTER AT A TIME, WHILE YOU OPEN AND CLOSE YOUR FINGERS, Y-E-L-L-O-W!

4. ASK YOUR FRIEND TO CHOOSE A COLOR AGAIN FROM THE TWO THAT ARE SHOWING. OPEN THE FLAP WITH THAT COLOR, AND FIND OUT THE ASTHMA ADVICE!

5. SWITCH AND LET YOUR FRIEND HAVE A TURN!

POST TEST!

TAKE THE POST-TEST WITH DARBY BOINGS! ANSWER THE QUESTIONS, TRUE OR FALSE.

1. YOU CAN CATCH ASTHMA LIKE A COLD OR THE FLU.

☐ TRUE ☐ FALSE

2. IF YOU HAVE ASTHMA YOU CAN'T PLAY, EXERCISE, OR PLAY SPORTS.

☐ TRUE ☐ FALSE

3. A PERSON WITH ASTHMA NEEDS TO TAKE THEIR CONTROLLER MEDICINE EVERY DAY, EVEN WHEN THEY'RE FEELING FINE.

☐ TRUE ☐ FALSE

4. IT IS IMPORTANT TO KNOW WHERE YOUR RESCUE INHALER IS AT ALL TIMES.

☐ TRUE ☐ FALSE

5. A PEAK FLOW METER HELPS YOU CHECK YOUR BREATHING.

☐ TRUE ☐ FALSE

FLIP OVER TO SEE THE ANSWERS!

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PUFFLETON PLEDGE

I take a deep breath, checking my asthma and me, I use my peak flow meter to see if it’s green...

I have my asthma action plan & my inhaler in reach. I use my medicine daily to keep me breathing free!

Red, yellow, green— I check it every day... I watch my triggers daily to keep me in play!

Cut out your own bookmark!

Sticker your own bookmark!

I took the Puffletown Pledge

Darby Boingly

Darby Boingly

x sign

Keep the planet healthy! This book was printed on recycled paper.