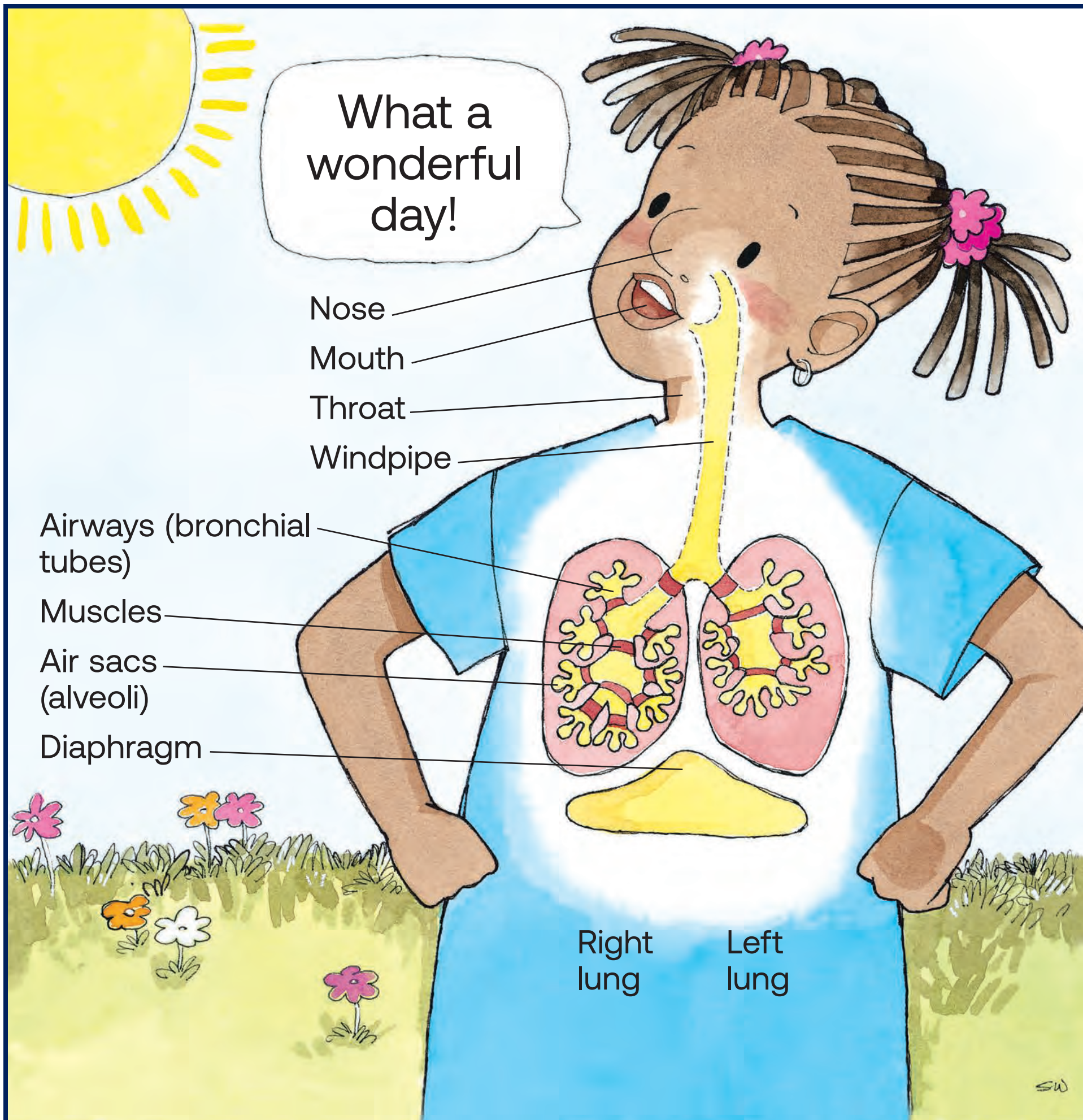


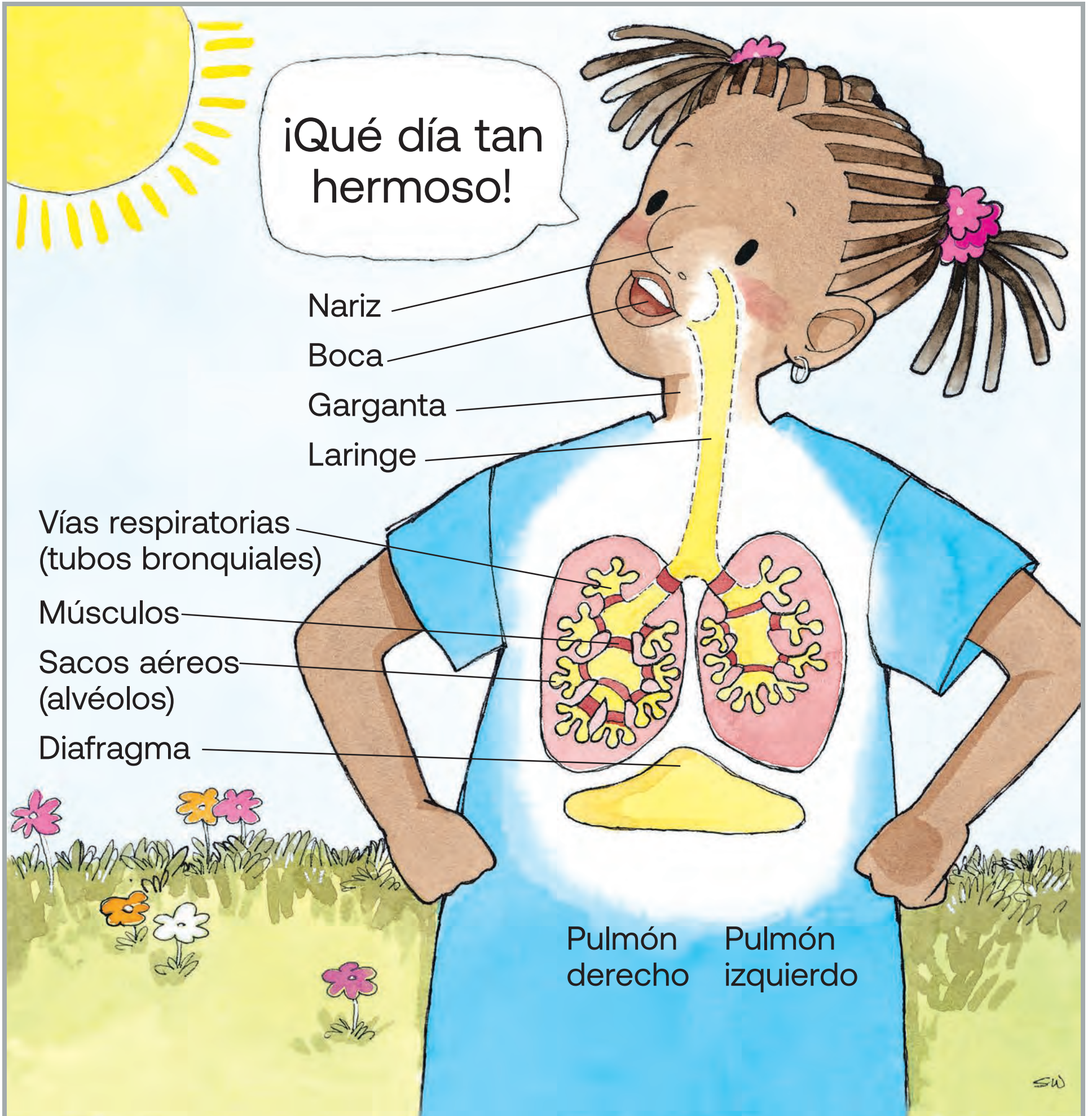


Posters

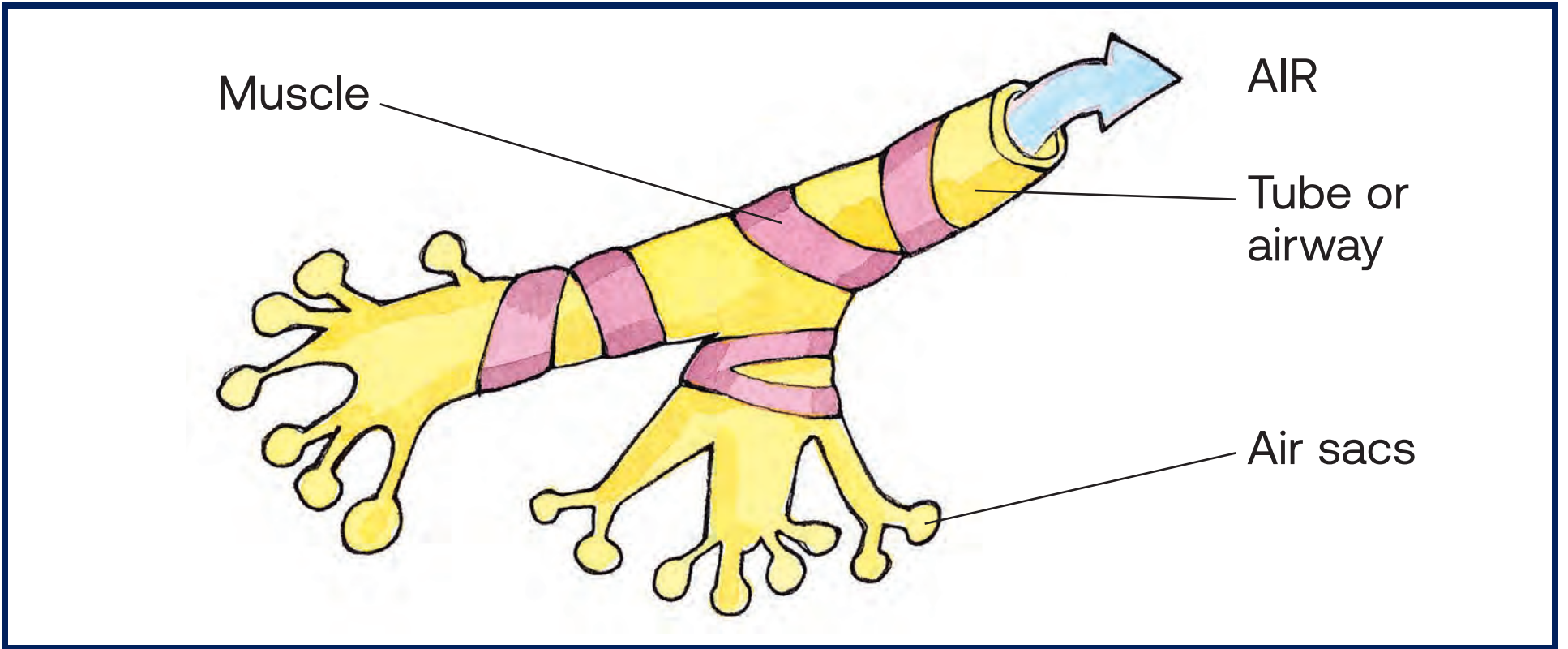
A School-Based Asthma Management
Program for Children



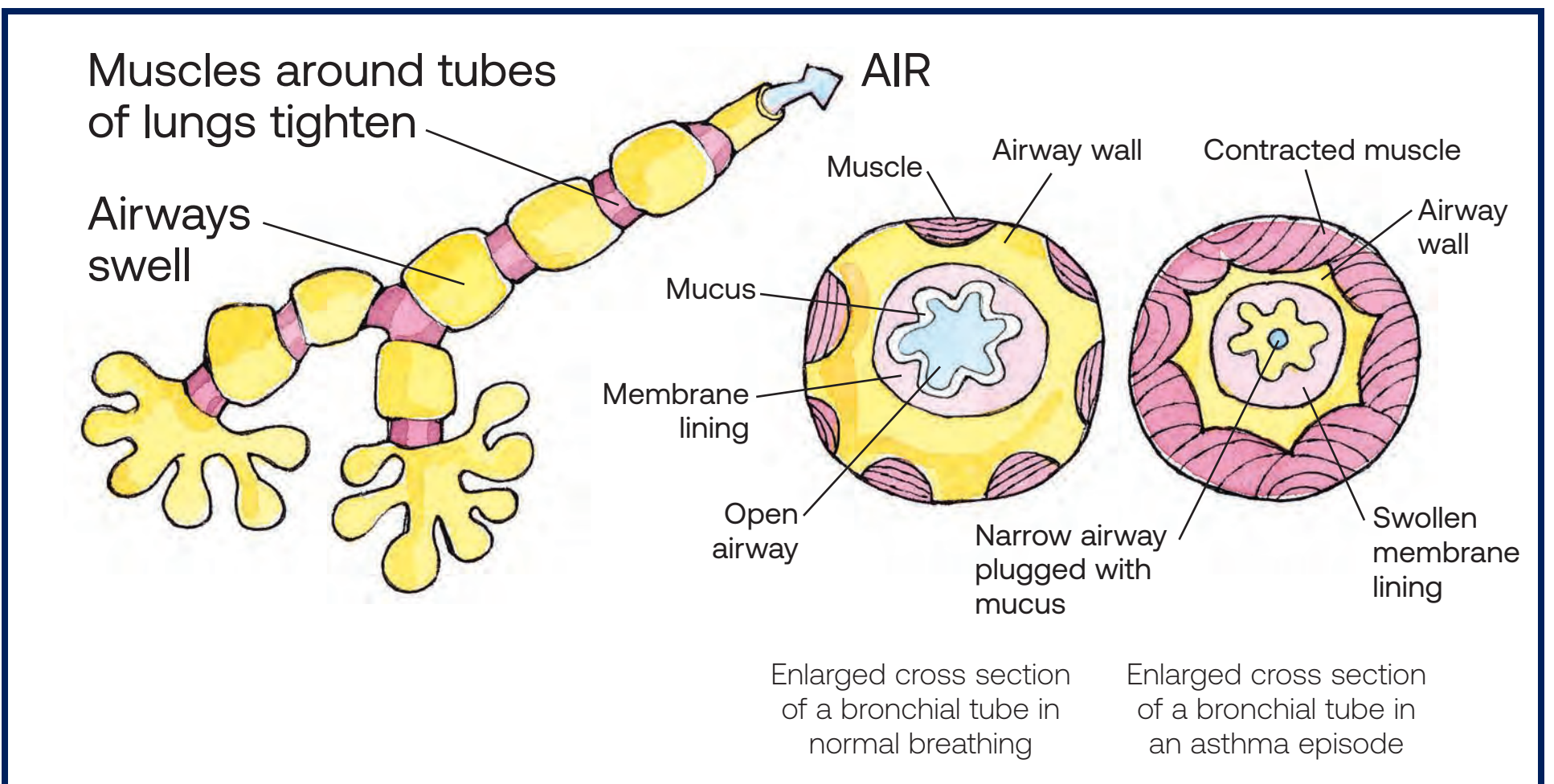
Normal Lungs



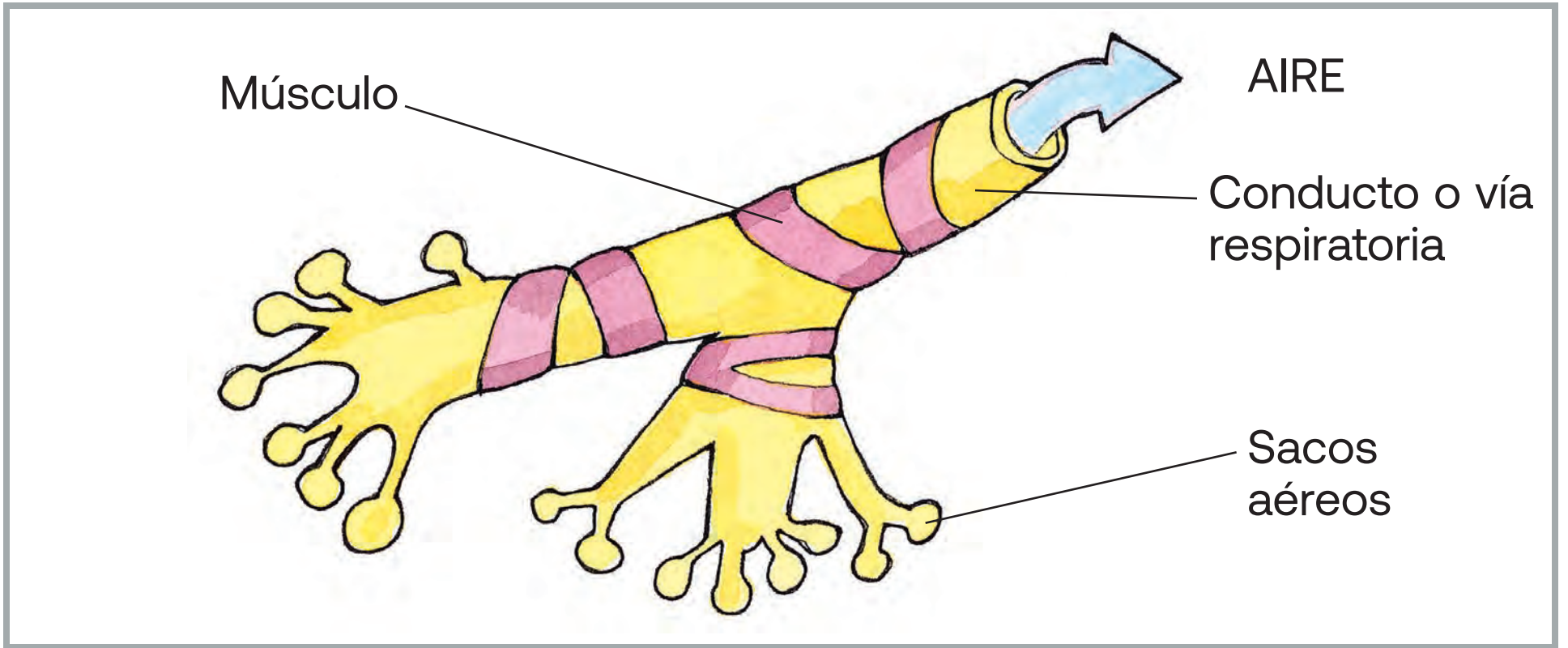
Los pulmones normales



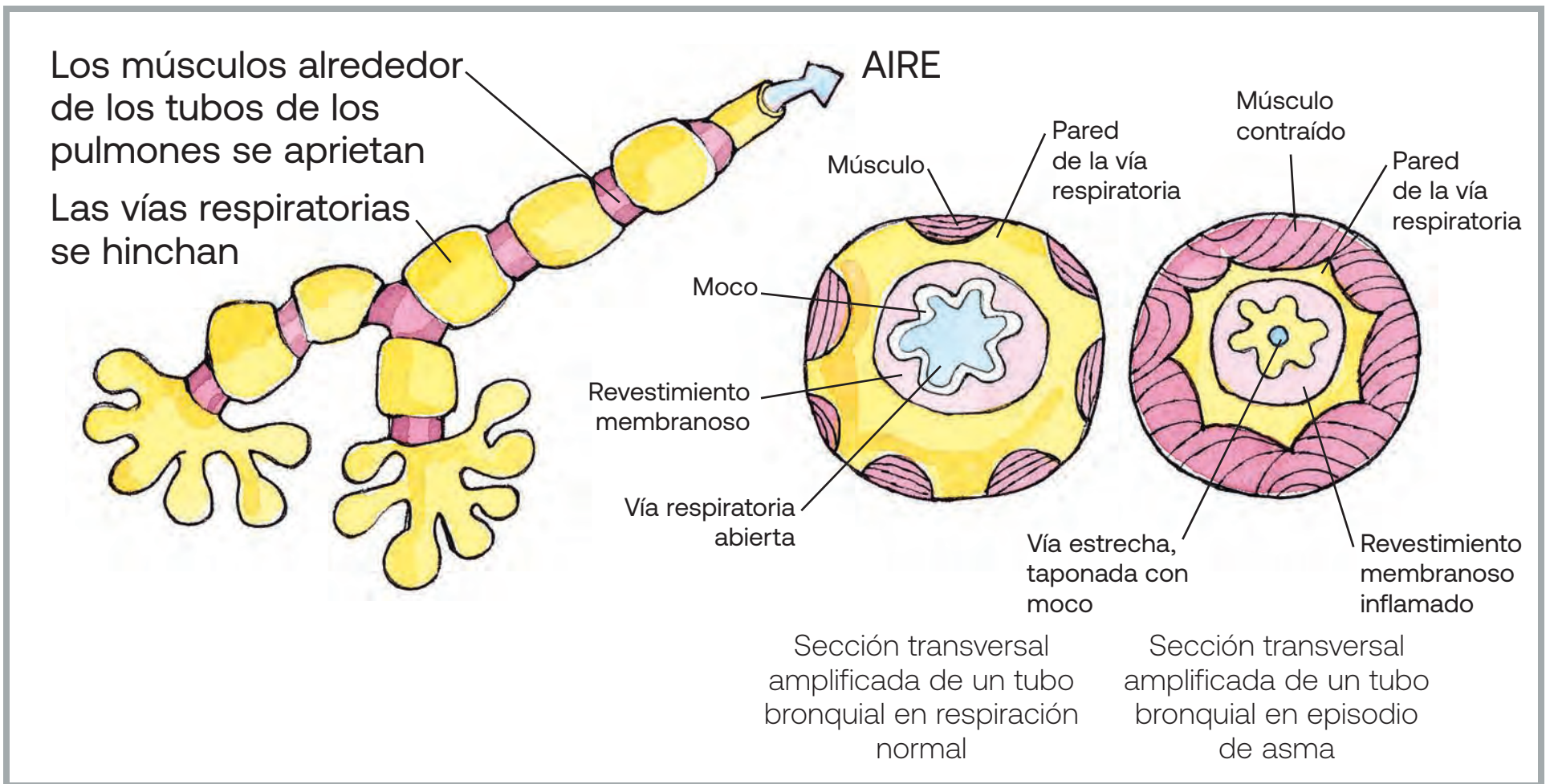
Lungs before an asthma episode



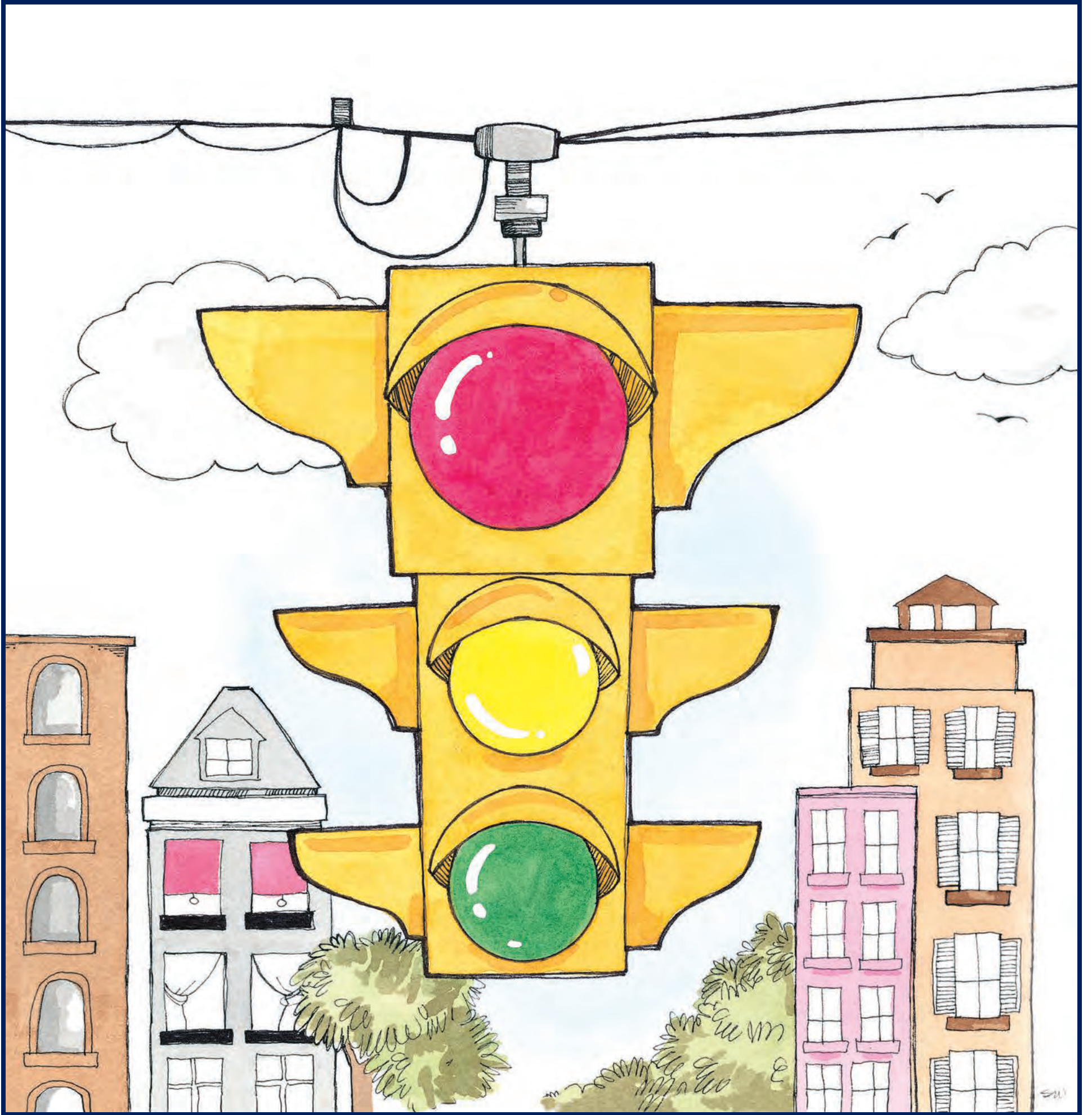
Lungs during an asthma episode



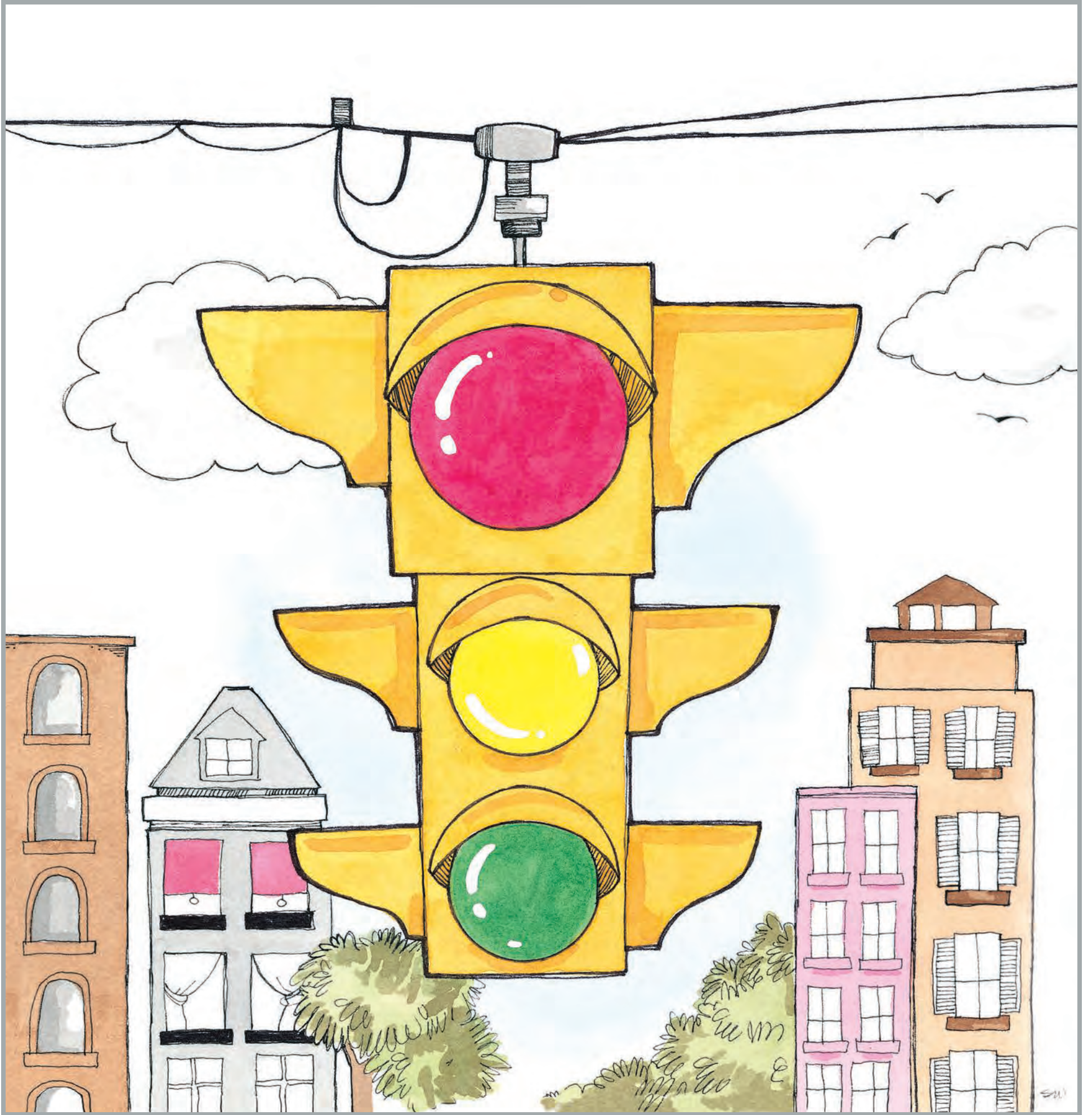
Los pulmones antes de un episodio de asma



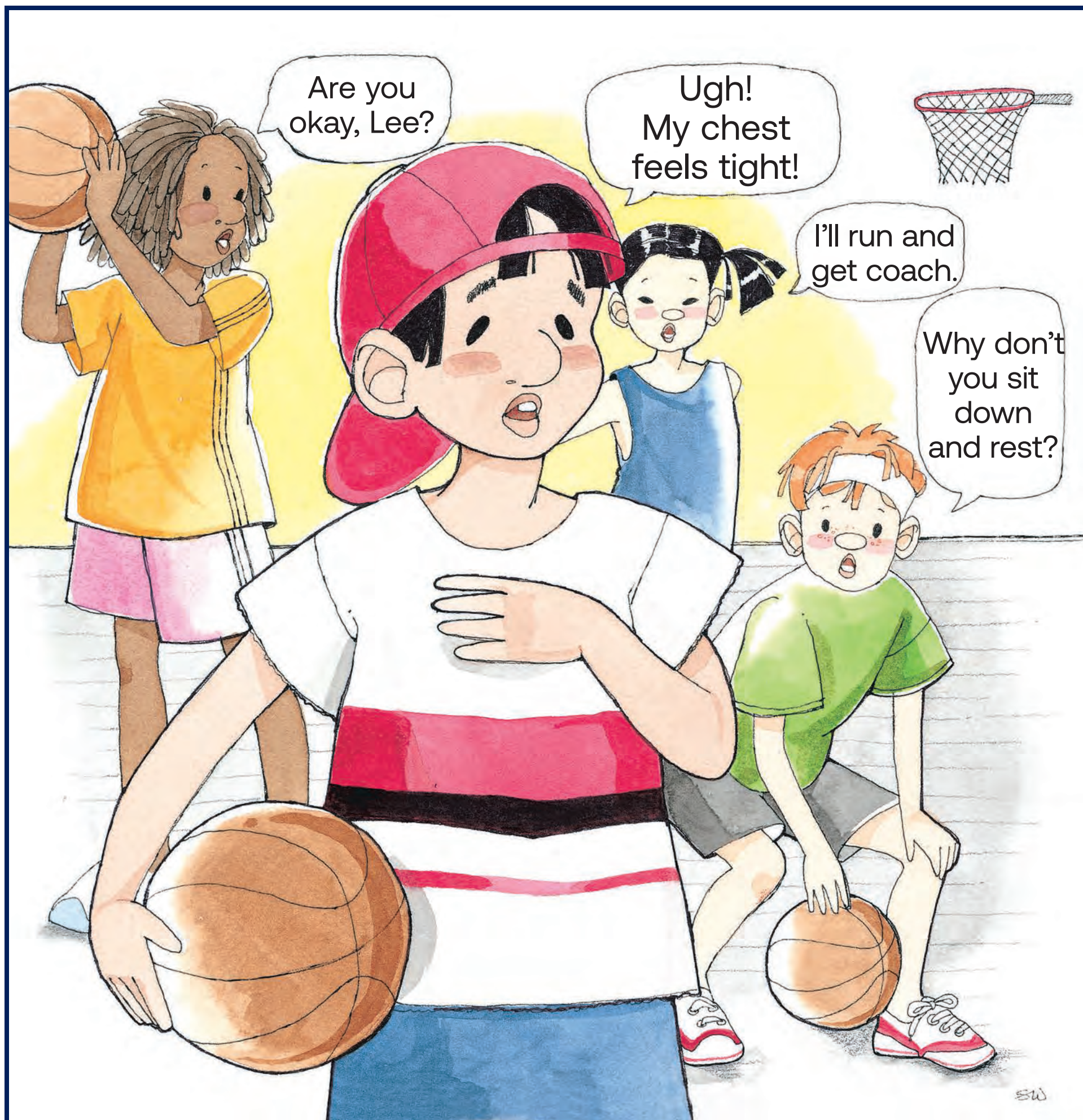
Los pulmones durante un episodio de asma



Traffic Light



Semáforo



Step 1: Recognize your warning signs



Primer paso: **Reconoce tus señales de advertencia**



Step 2: **Tell an adult**



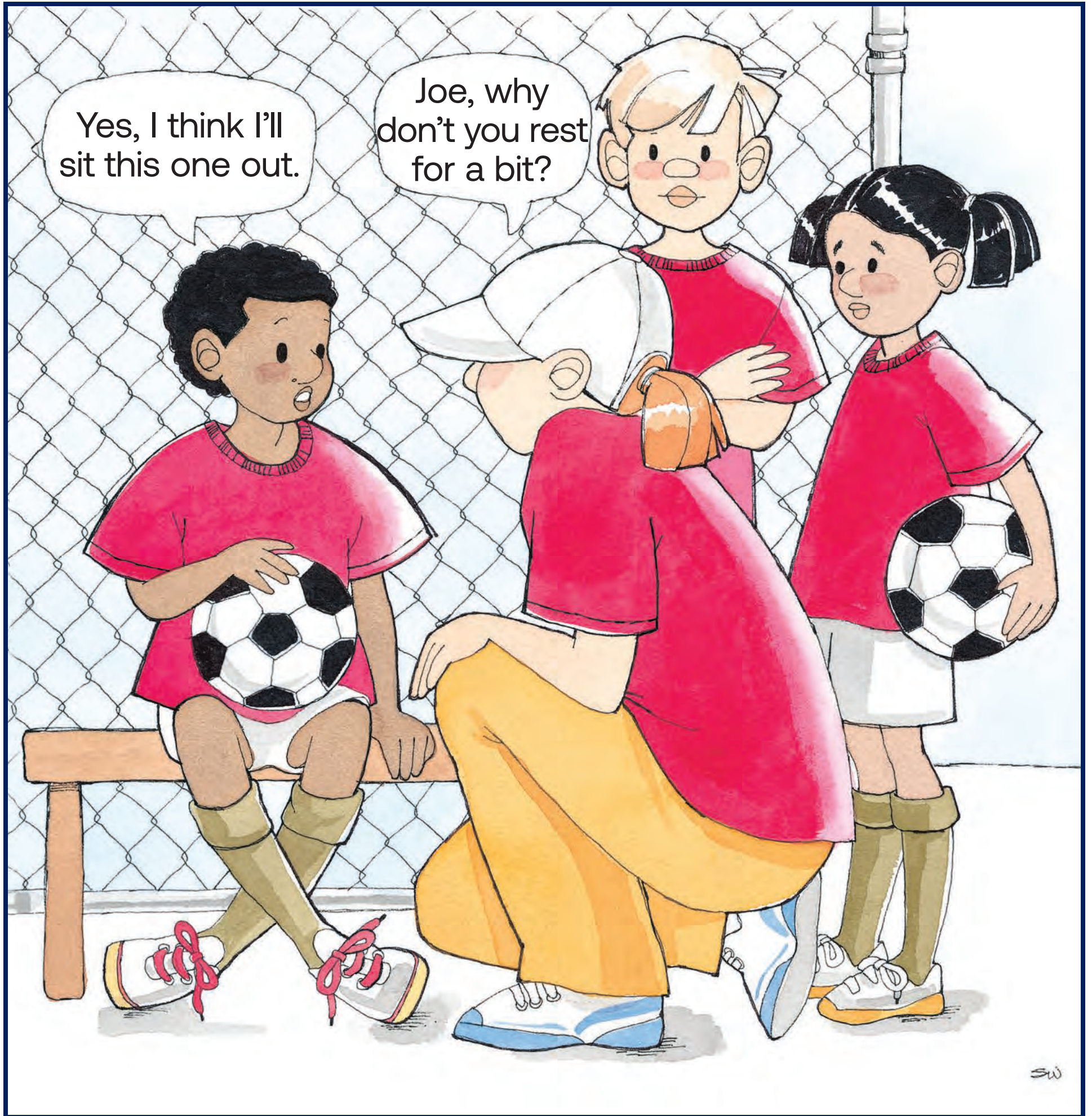
Segundo paso: Díselo a un adulto



Step 3: **Take your** **asthma medicine**



Tercer paso: **Toma tu medicina para el asma**



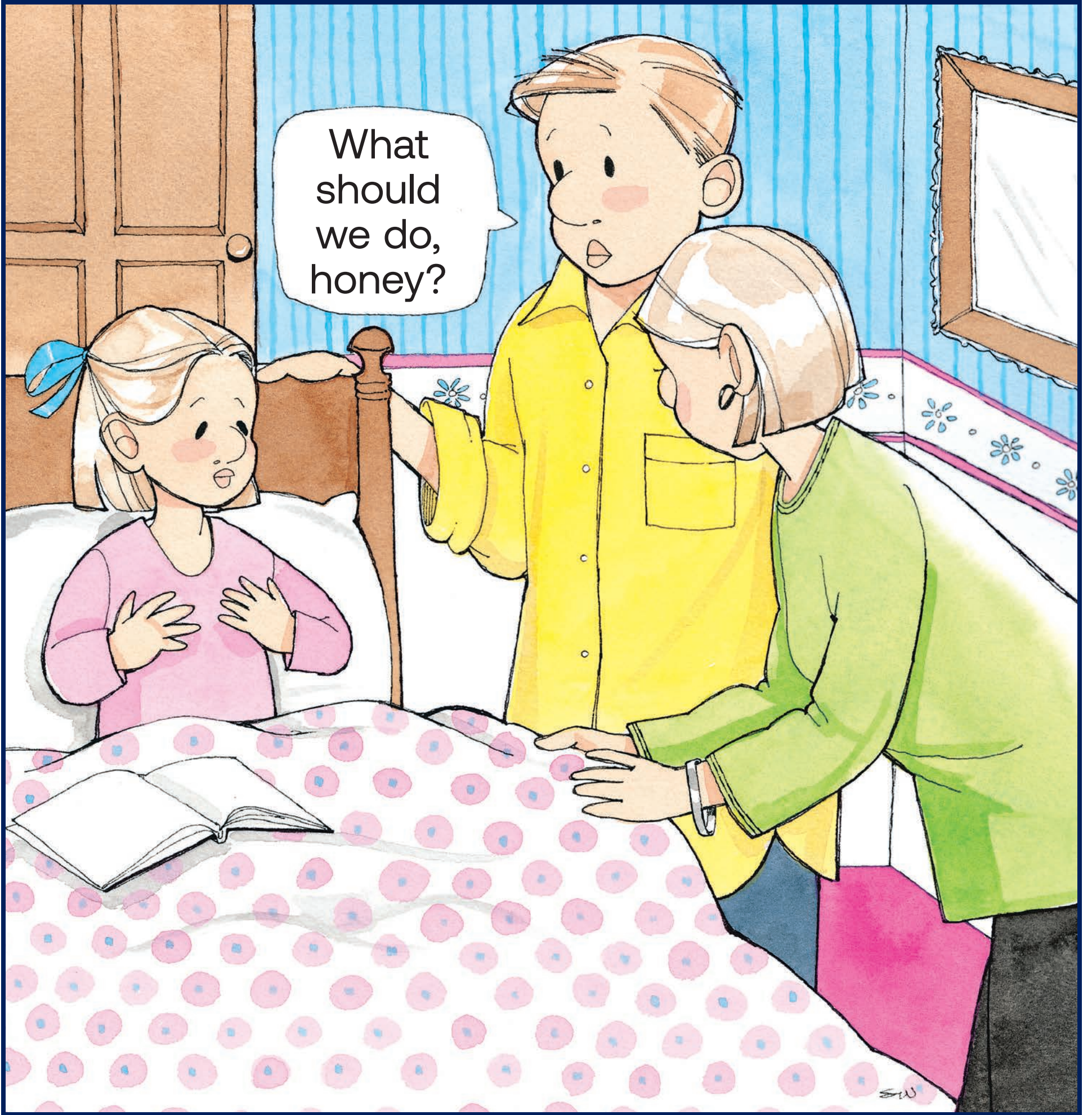
Yes, I think I'll sit this one out.

Joe, why don't you rest for a bit?

Step 4: Rest and relax



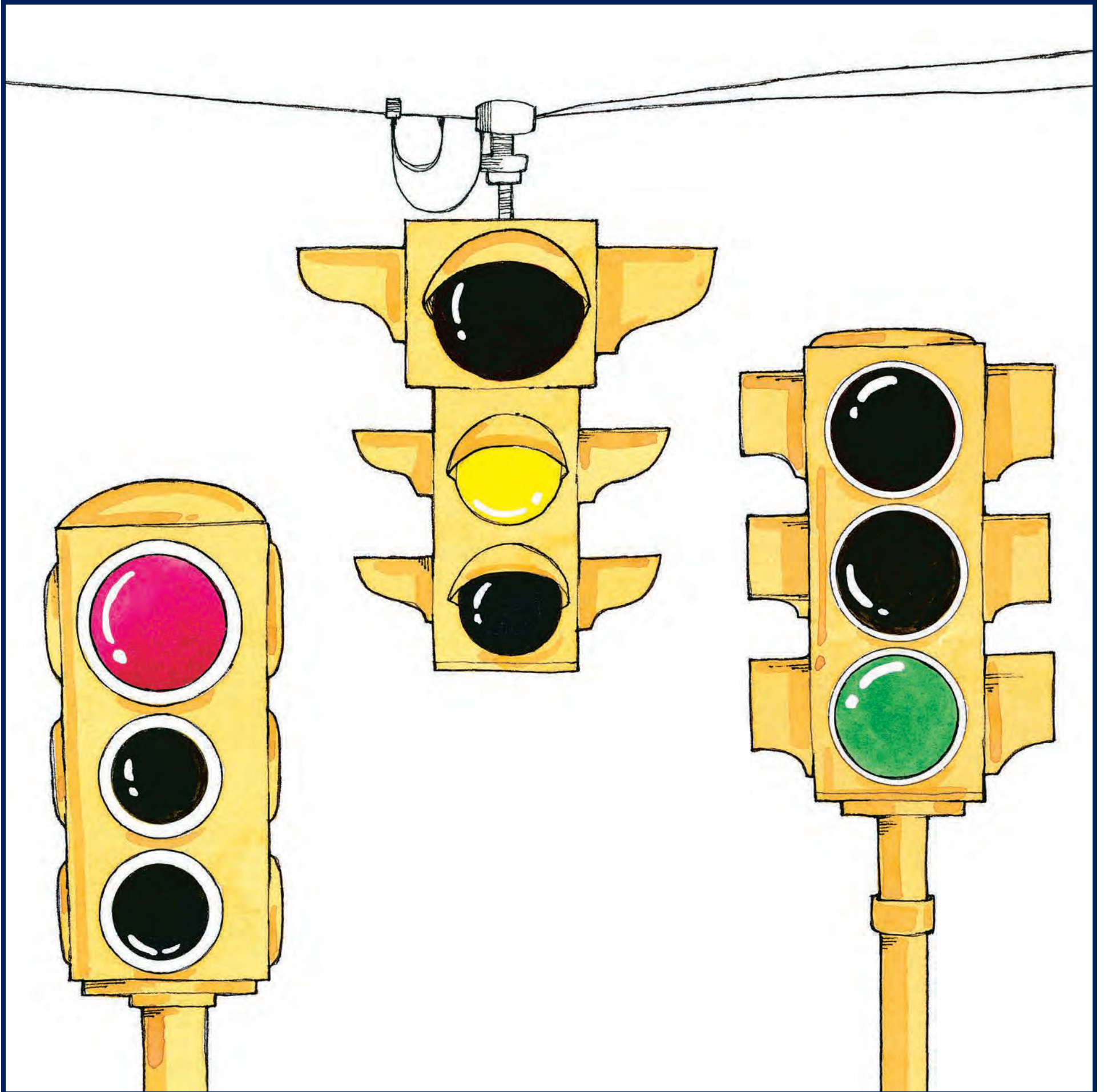
Cuarto paso: **Descansa y relájate**



Story of Sandra



La historia de Sandra



Red Light

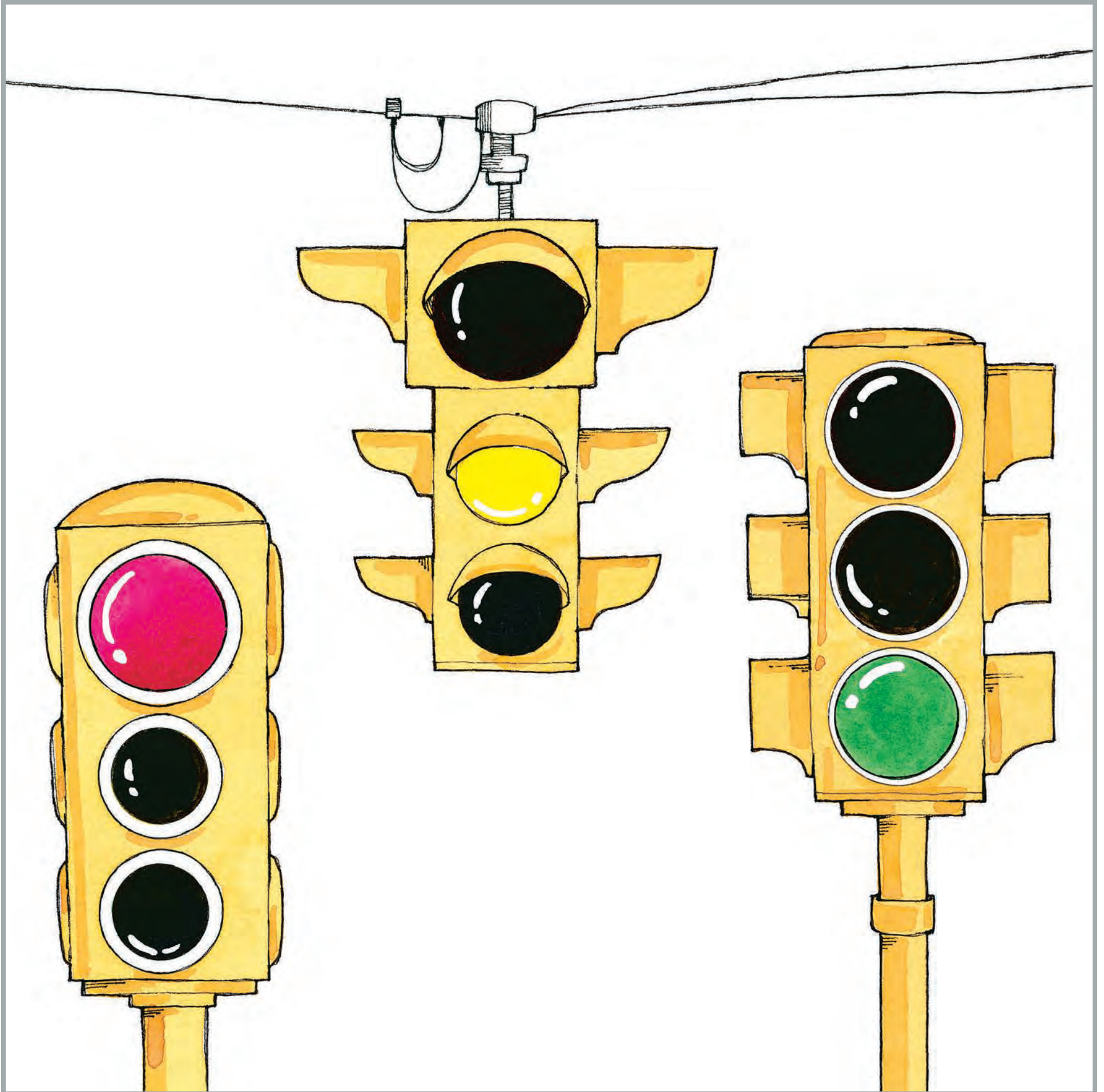
**Stop!
Get help from
the doctor.**

Yellow Light

**Be careful. Begin
management
steps.**

Green Light

**It's okay
to play.**



Luz roja

**¡Alto!
Obtener ayuda
del doctor.**

Luz amarilla

**Tener cuidado.
Iniciar los pasos
del tratamiento.**

Luz verde

**Está bien.
Jugar.**



Find your asthma triggers at home



Encuentra tus factores desencadenantes del asma en casa



Find your asthma triggers at school



Encuentra tus factores desencadenantes del asma en la escuela



**Be honest with
yourself. How do
you really feel?**



Sé sincero contigo mismo. ¿Cómo te sientes realmente?



**Instead of worrying,
what can you do?**



En vez de preocuparte, ¿qué puedes hacer?

About the American Lung Association

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through research, education and advocacy. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases. For more information about the American Lung Association, a holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call **1-800-LUNGUSA** (1-800-586-4872) or visit: [Lung.org](https://www.lung.org).



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