

Brought to you by



Be Asthma.  
**Akamai**

And get Smart about Asthma!

# Asthma

## Fast Facts for Keiki and Parents

### What causes an asthma attack?

An asthma attack is when you have trouble breathing. Many different asthma triggers can cause this to happen. Some common triggers are:

- Dust
- Perfume
- Chalk dust
- Tobacco smoke
- Dirty air
- Pet dander
- Mold
- Cockroach droppings
- Some medicines
- Outdoor air pollution
- Some food items
- Respiratory infection
- Hard exercise
- Bad weather

### How is asthma treated?

Not every person's asthma is the same, so there are different kinds of medicines for treating it.

One kind of asthma medicine is called quick-help (or fast-acting) medicine. It works fast to help open your airways so you can breathe normally again. Another kind of asthma medicine is called maintenance (or everyday) medicine. It's a medicine you take every day to help avoid having too many asthma attacks.

Some people use inhalers to breathe in the asthma medicine. An inhaler is a little can of special air you squirt into your mouth and breathe in.

### What should I do if I have asthma?

Together with your doctor, create an Asthma Action Plan. This plan will tell you and the grownups around you how to manage your asthma. It includes all the medicines you take and what to do if you have an asthma attack. Your plan should also tell you what kinds of situations and asthma triggers to avoid. It may also include important phone numbers and instructions on who to contact in case of an emergency. This plan should be in writing, and you and all the adults who care for you should have a copy, including your school health nurse.

*For more information on controlling asthma, contact your doctor or your local community health center.*

# Story Time

Featuring  
Manu & Kahea

One day, during morning recess, Kahea spots her younger brother, Manu, sitting alone on the basketball court.

“What’s wrong, Manu? Why aren’t you playing with your friends?” Kahea asks.

“No one picked me to be on their team. They think, because I have asthma, I might get hurt,” Manu replies.

“What?! That’s ridiculous, Manu. You can do anything they can do!” his sister exclaims.





“Yeah, but they don’t know that. All they know is I’m the kid with asthma.”

Manu looks at his sister, his eyes watering.

“Well, then, it’s time they became Asthma Akamai!” Kahea says enthusiastically.

Before Manu can say anything, his sister heads straight to the group of children in the middle of the court.



Kahea calls the children to gather in a circle. “Sorry to interrupt your game, but there is something important you should know about Manu.”

The children stop what they’re doing and gather around Kahea and Manu.

“My brother has a condition called asthma,” Kahea explains. “He was born with it, and a lot of people have it. Do any of you know what causes an asthma attack?” Kahea looks around the circle.





A boy, named Nicholas, replies, “Isn’t it caused by stuff like dust and animal dander? My mom has asthma, so we can’t have any furry animals for pets. But, we have a fish named Harry!”

The children laugh.

“Yes,” Kahea replies. “Dust and animal dander are common triggers for asthma. Those triggers can cause someone with asthma to cough or have trouble breathing.”





“Sometimes, my mom wheezes when she has an asthma attack,” Nicholas adds.

“That’s another common symptom of asthma. Hey, you’re Asthma Akamai!” Kahea says to Nicholas, giving him a “high five.”

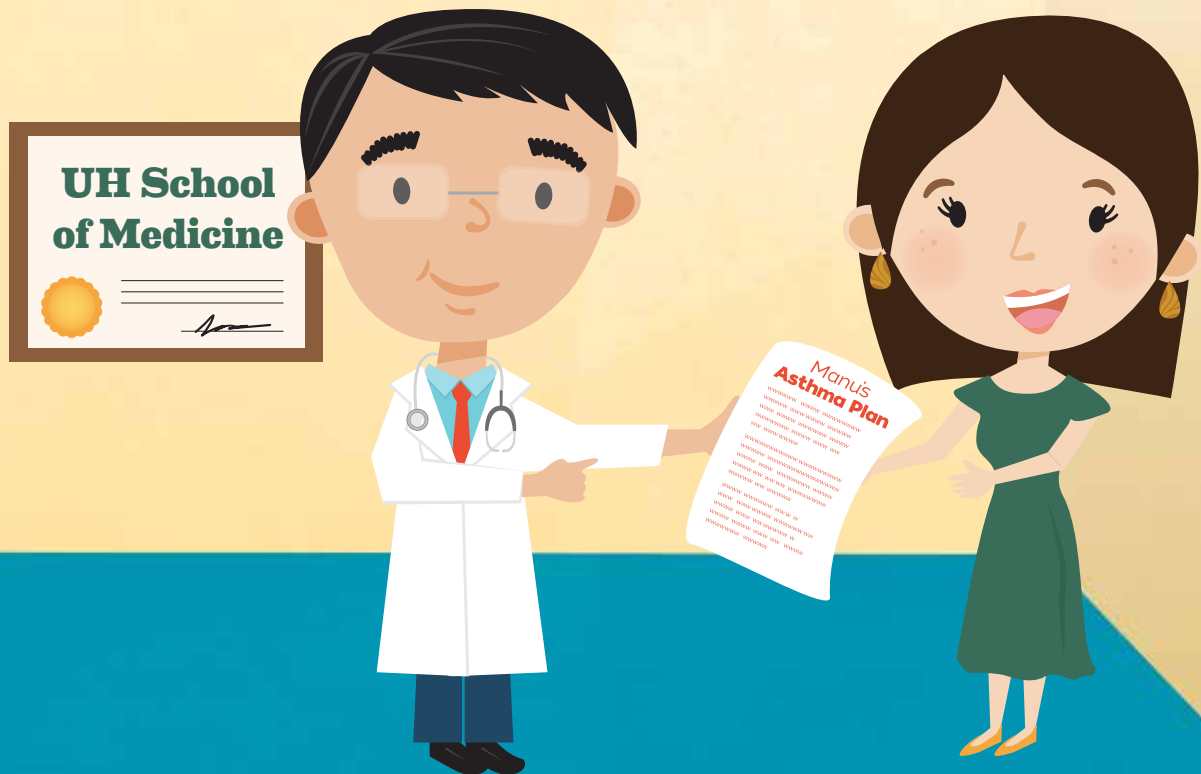
“But, that doesn’t mean I can’t run fast or play as hard as the rest of you,” Manu says calmly, as he smiles at his sister.



“But, what happens if you start having one of those attacks we just talked about?” One of the children asks. “I’m worried we won’t know what to do.”

“The health aide, Mrs. Nakano, knows what to do because my mom gave her instructions from my doctor,” Manu replies.

“That’s right, our mom and Manu’s doctor came up with a written plan for what to do if Manu gets an asthma attack. If Manu starts having a hard time breathing, let Mrs. Nakano or another adult know right away.” Kahea says.





**“Hey, Manu, you wanna be on my team?”**

**The tallest boy in the group speaks up.**

**Manu smiles widely. “Sure!”**

**“Great! We could use someone who runs fast and plays hard!” The boy says.**



“That’s not all, I can shoot, too!” Manu says, as he grabs the basketball and launches a shot from beyond the free throw line.

The children turn to look, as the ball arches high in the air. A look of amazement crosses their faces, as the ball sails right through the middle of the hoop.....SWISH!



“We want Manu!”

“Hey, I chose him first!”

“Manu, come on our team!” The children yell over each other.

“They’re all Asthma Akamai now,” Kahea says quietly to herself, as she walks across the playground.





# Manu's Maze

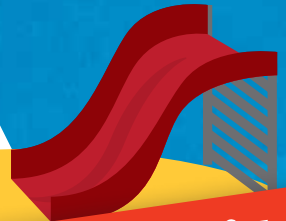
Help Manu avoid all these asthma triggers on the way to the park!



**ASTHMA  
ATTACK!**  
What do you do?



**SMOKE**



**You made it!**

# Word Find

J	C	R	S	P	E	I	B	E	L	Q	S	O	Q	F	W	E
C	O	M	Q	K	E	C	B	U	Z	E	T	F	A	D	X	U
V	C	T	X	B	A	I	R	P	O	L	L	U	T	I	O	N
S	K	F	T	A	G	J	H	K	S	K	E	P	E	X	R	D
M	R	B	R	D	H	F	A	W	Z	G	J	T	V	K	G	Q
G	O	J	I	W	D	U	S	T	C	H	T	U	F	A	A	N
A	A	P	G	E	E	D	T	K	X	W	C	G	F	K	Q	B
B	C	W	G	A	S	J	H	G	T	A	E	B	M	A	L	K
E	H	D	E	T	W	G	M	L	P	E	R	F	U	M	E	C
R	D	Z	R	H	X	T	A	I	E	W	K	H	S	A	F	Q
C	R	A	S	E	S	P	A	X	T	F	X	F	D	I	B	N
B	O	S	X	R	E	Z	T	Z	S	H	F	U	D	N	T	G
P	P	M	S	N	Q	W	T	Y	C	A	F	M	M	O	L	D
B	P	O	I	W	N	D	A	H	F	V	U	J	Y	F	J	H
E	I	K	J	Q	U	I	C	K	H	E	L	P	K	Y	P	A
H	N	E	I	Z	I	Z	K	Q	G	S	L	H	H	W	S	S
F	G	C	Q	L	L	Y	R	V	I	N	H	A	L	E	R	Q
S	S	X	C	S	H	A	C	T	I	O	N	P	L	A	N	S
S	P	Z	F	B	R	L	G	T	H	Y	R	L	Q	B	D	M

Asthma Attack

Dust

Pets

Cockroach  
Droppings

Action Plan

Smoke

Triggers

Akamai  
Perfume

Mold

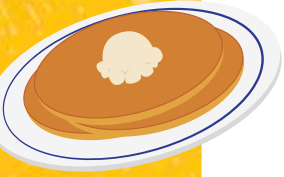
Air Pollution

Quick Help

Inhaler



**Manu had a fun, but strange day.**  
**Fill in the blanks to find out how his day went.**



Manu woke up and went to the kitchen for breakfast. He was hungry for his favorite buttermilk pancakes, but instead got a plate of \_\_\_\_\_  
(favorite color)

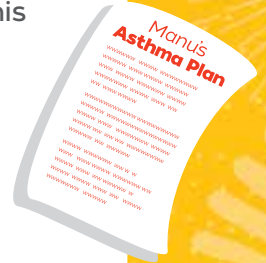
waffles covered with \_\_\_\_\_ !  
(least favorite food)

Manu hoped his day would get better, but as he was walking to school, a huge, furry \_\_\_\_\_ that was \_\_\_\_\_ feet tall gave  
(animal) (your age)  
him a big hug. Manu started \_\_\_\_\_ until tears fell  
(asthma symptom)  
from his eyes. Luckily, he had a copy of the Asthma Action Plan from his doctor in his backpack.

The plan said to use his \_\_\_\_\_ if he has trouble  
(asthma treatment)  
breathing. So, that's what Manu did, and he soon felt better.



After following his Asthma Action Plan, Manu was ready for his favorite time of the school day, \_\_\_\_\_ time!  
(favorite activity at school)

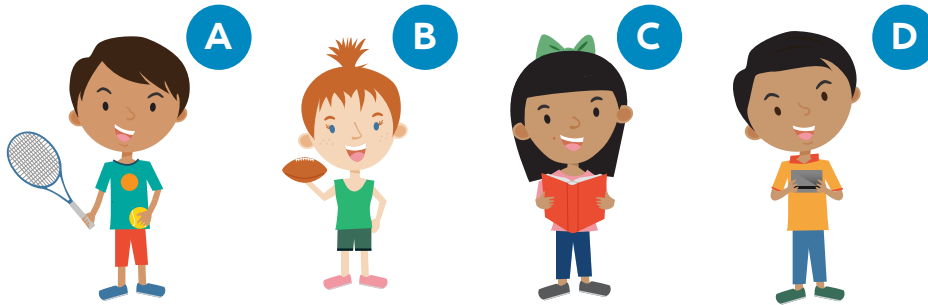




# Are you Asthma Akamai?

Test your knowledge by answering the questions below:

1) Which of the following children could have asthma?



2) What are some common asthma triggers?

- a) Doing your homework.
- b) Putting away your toys.
- c) Pet dander, dust, bad weather, cigarette smoke, certain foods.
- d) Brushing your teeth.

3) How is asthma treated?

- a) Medicines
- b) Chocolate
- c) Inhalers
- d) Soda

Be Asthma  
Akamai



In partnership with  
**The American Lung Association in Hawaii**

**(808) 692-7476**

[asthma@doh.hawaii.gov](mailto:asthma@doh.hawaii.gov)

<http://health.hawaii.gov/asthma/>

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