

Pippy the Puffin Learns about Asthma

Hi PIPPY. I AM HERE TO
HELP YOU LEARN ABOUT ASTHMA.
I AM A RESPIRATORY THERAPIST
WHICH MEANS I STUDY THE LUNGS.
MY FRIENDS CALL ME
RT FOR SHORT.

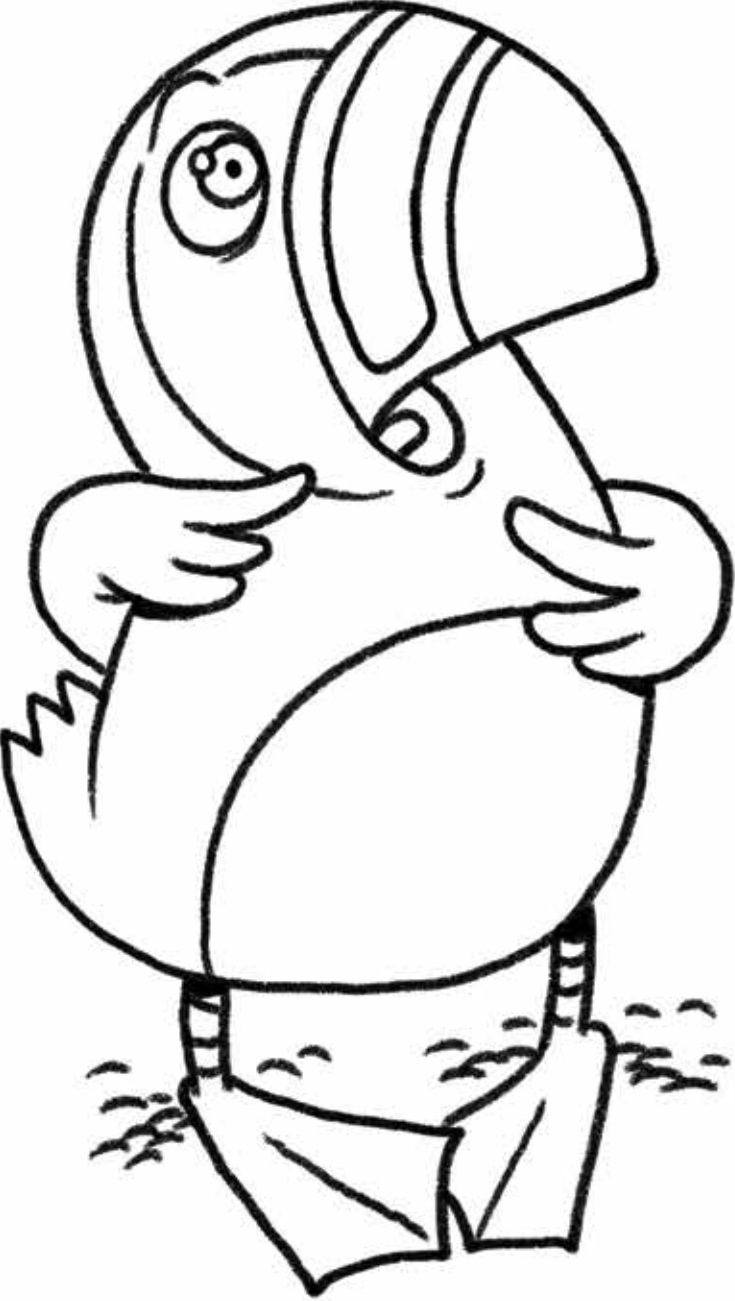
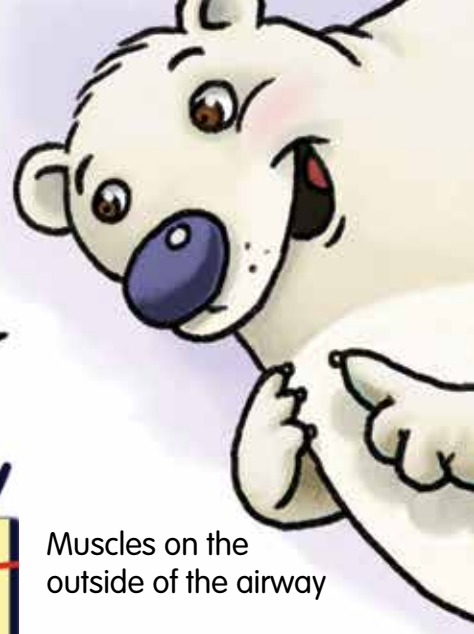
I AM SO GLAD I
HAVE A FRIEND TO
HELP ME LEARN
ABOUT ASTHMA!



My Name is: _____
and I have asthma just like Pippy.

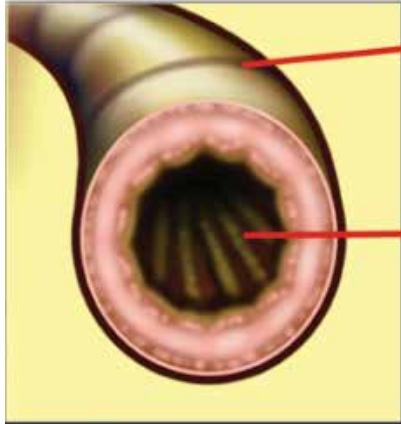
RT, WHY DO I
COUGH AND WHEEZE
SO MUCH?

Let's Look
INSIDE YOUR
LUNGS AND
FIND OUT.



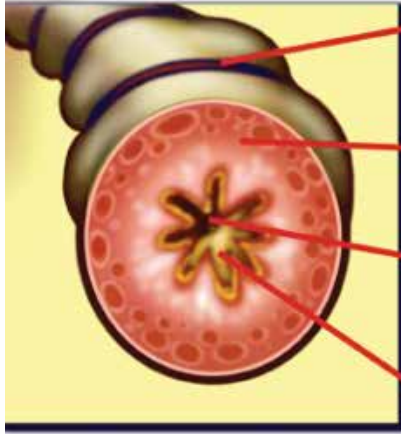
Color Pippy the Puffin

Normal Airway



Muscles on the
outside of the airway

This is where the air goes in
and out



Muscle squeezing causes
cough and the chest to feel
tight

Swelling

When air moves through
a small airway it makes a
wheezing sound

Cough comes from mucous
inside the airway

Asthma Airway

WOW! I DID
NOT KNOW THAT
WAS GOING ON
IN MY LUNGS.





Here are some warning signs that your asthma is bothering you NOW.
 Circle your warning signs.

Cough



Tight chest or chest pain

Whistling, wheezing sound when breathing



Not able to speak in sentences

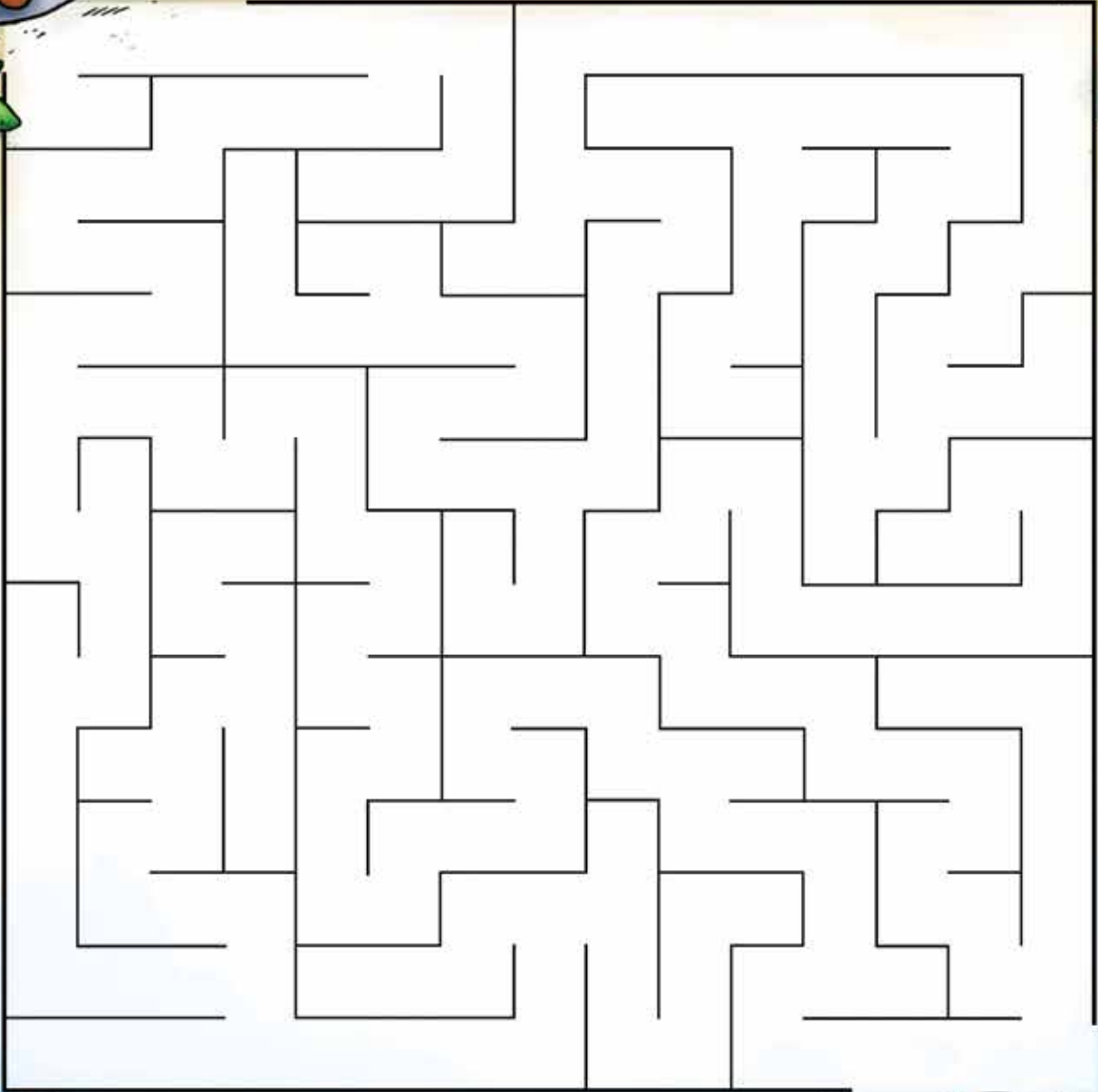


Waking at night with cough or wheeze

Breathing fast



Oh no! Pippy is starting to cough and wheeze.
Help Pippy get to a quick reliever inhaler.



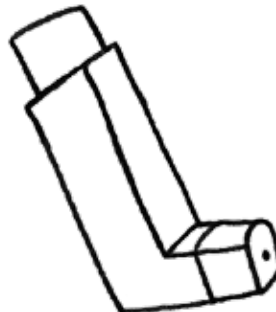
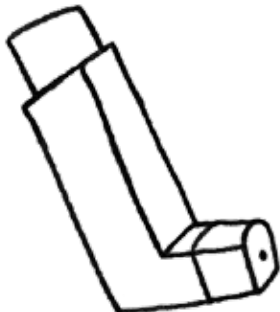
WHAT SHOULD I DO FOR MY COUGH AND WHEEZE?



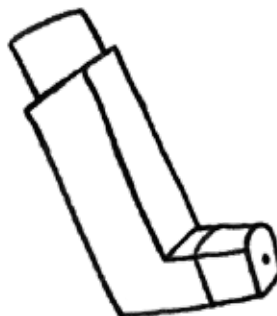
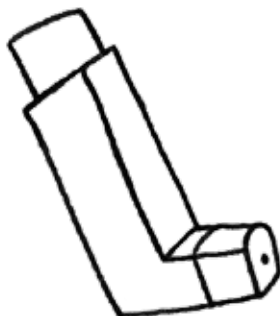
PIPPY, USE YOUR QUICK RELIEVER INHALER. IT STOPS THE MUSCLES SQUEEZING AND WORKS FAST!



Color the quick reliever inhaler the same color as the one you use at home.



Color the Controller inhaler the same color as the one you use at home.



MY DOCTOR SAYS I HAVE TO TAKE SOMETHING CALLED A CONTROLLER INHALER. WHAT IS THAT?



THE CONTROLLER OPENS THE INSIDE OF THE AIRWAY. IT WORKS SLOW SO BE SURE TO USE IT EVERYDAY.

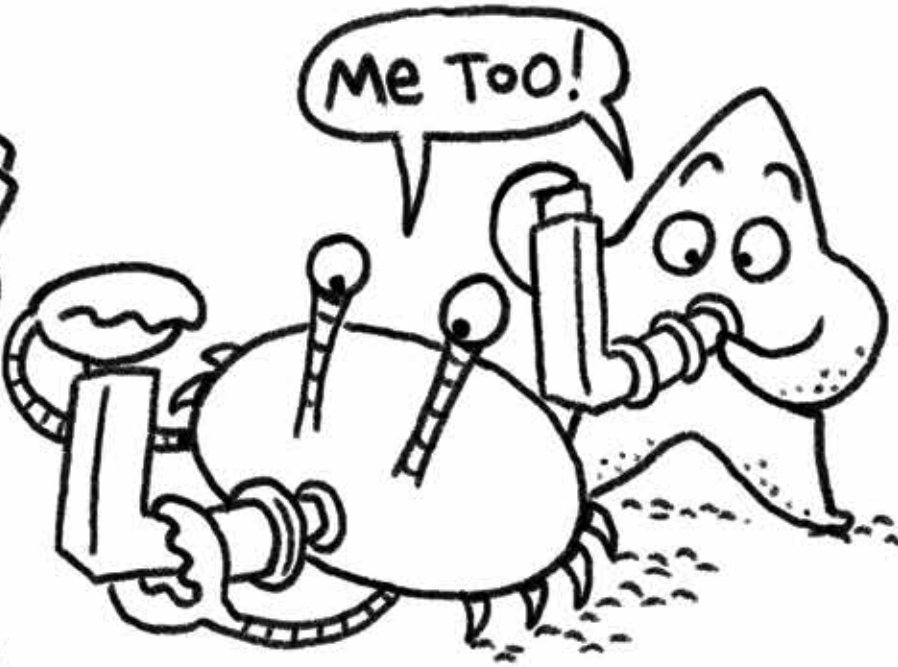




WAIT, PIPPY!
You Need To use
A SPACER WITH
YOUR INHALER.

MY FRIENDS DON'T
use A SPACER, So WHY
Do I HAVE To use one?

You Get MORE
MEDICINE IN THE
LUNGS WITH A
SPACER.



ME TOO!

Color Pippy and friends.

You can find spacer instructions here www.childrensmercy.org/asthma



PIPPY, TRY AND
FIND AS MANY
WORDS AS YOU
CAN TO UNLOCK
THE SECRET MESSAGE.

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

Find the Words:

- ASTHMA
- INHALER
- CONTROLLER
- COUGH
- WHEEZE
- LUNGS
- MEDICINE

BONUS:

Secret Phrase: _____

answers on the back

I DID IT,
I DID IT!
THAT WAS
FUN!



TRIGGERS BOTHER THE AIRWAYS AND MAKE ASTHMA WORSE. EVERYONE HAS DIFFERENT TRIGGERS.



GETTING SICK, CATS, WEATHER CHANGES, RUNNING AND, OF COURSE, SMOKE.



NOW THAT YOU KNOW YOUR TRIGGERS, TRY TO STAY AWAY FROM THEM AS MUCH AS POSSIBLE...

Circle your triggers



Smoke



Outdoor pollen



Getting sick



Pets



Dust



Exercise



Weather



Strong smells



Cockroach



Mold



Pollution



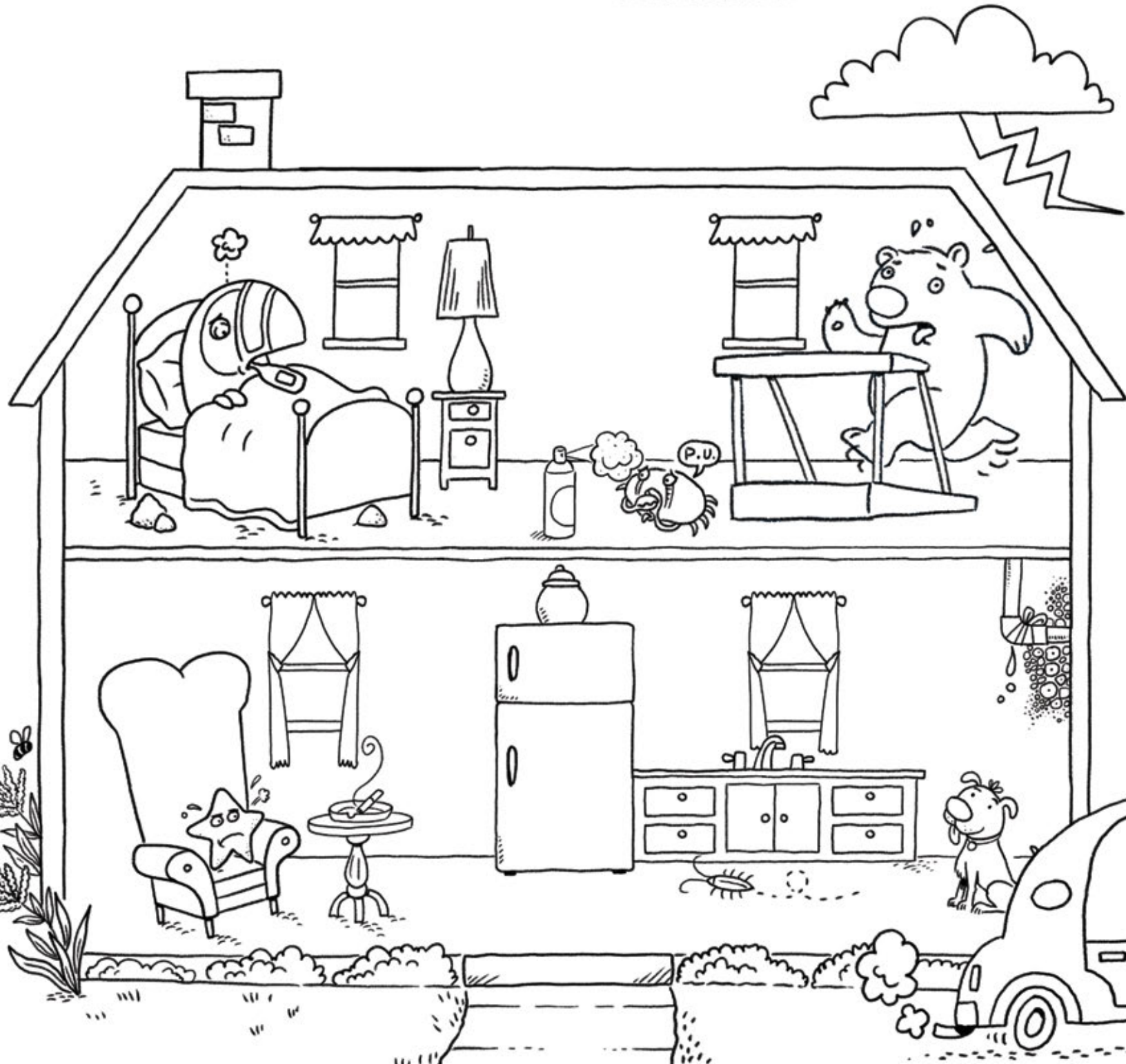
Strong emotions



MANY TRIGGERS ARE IN YOUR HOME. ONCE YOU FIND THEM REDUCE THEM TO HAVE A HEALTHY HOME.

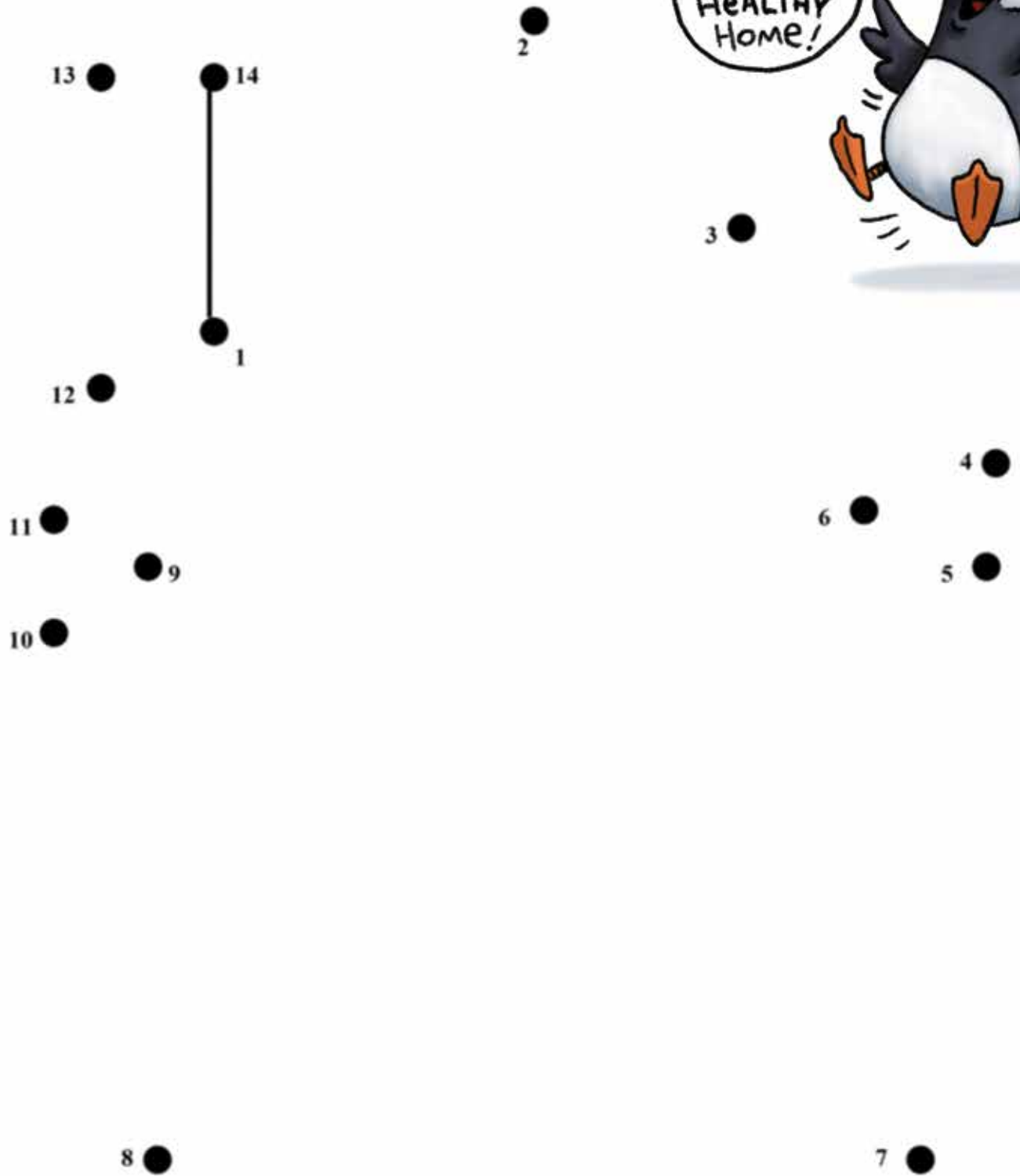


CIRCLE THE TRIGGERS IN MY HOUSE AND HELP ME KEEP A HEALTHY HOME.



Healthy Home Dot-to-dot

Connect the dots to finish the picture. Color the picture and add people who live there.



PIPPY, DO YOU HAVE AN ASTHMA ACTION PLAN?



NO, WHAT IS THAT?

IT IS A WRITTEN PLAN THAT HELPS YOU MANAGE YOUR ASTHMA.



HOW DOES IT WORK?

An Asthma Action Plan has 3 Zones.

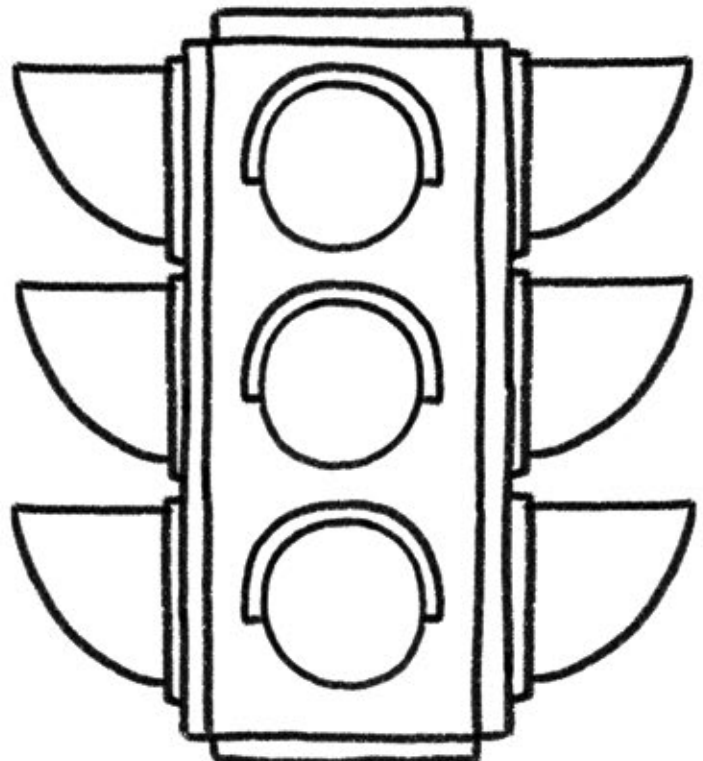
To remember the zones, think about a Stoplight.



RED LIGHT! STOP!
THE TRIGGER IS NOW CAUSING YOU TO WORK HARD TO BREATHE WITH A COUGH.

YELLOW LIGHT!
SLOW DOWN YOU ARE AROUND A TRIGGER. THERE MAY BE COUGH AND WHEEZE!

GREEN LIGHT!
GO!
YOU FEEL GOOD NO COUGH OR WHEEZE.



Color the stoplight

Contact your asthma provider for your own Asthma Action Plan.

Asthma provider Name: _____

Asthma provider phone number: _____

You can find an Asthma Action Plan here: www.childrensmency.org/asthma



THANK YOU CHILDREN'S
MERCY RESPIRATORY CARE
DEPARTMENT FOR YOUR
SPECIAL SUPPORT FOR
THIS BOOK.

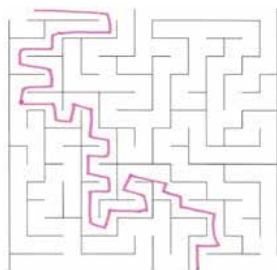
THANK YOU TO
THE ILLUSTRATOR, PETE
WHITEHEAD, AND THE GRAPHIC
DESIGNER, STACY DUANE, THAT
MADE US COME TO LIFE.

THANK YOU TO
HELEN AND JAMIE
FOR YOUR
WONDERFUL IDEAS.

For more asthma information or to download this book go to:
www.childrensmecry.org/asthma

Answers:

U		H	G	U	O	C													
C	S																		
O	G	E		A	S	T	H	M	A										
N	N		A																
T	U		S																
R	L			P						W									
O					A					H									
L										C	E								
L		I	N	H	A	L	E	R											
E								Z	R										
R	M	E	D	I	C	I	N	E											



Bonus: Use a spacer



Children's Mercy