

* Resource available in Spanish - Los recursos disponibles en español

- * U.S. Environmental Protection Agency, www.epa.gov
 - * Steps to a Healthier PA-Luzerne County, www.stepspa.org
 - * PA Department of Health, www.dsf.health.state.pa.us (click on diseases A - Z)
 - * Oregon Asthma Resource Bank, www.healthoregon.org/asthma/resourcebank
 - * National Heart, Lung & Blood Institute, www.nhlbi.com
 - * National Institutes of Health, www.nih.gov
 - * National Jewish Medical and Research, www.nationaljewish.org
 - * Centers for Disease Control, www.cdc.gov
 - * Asthma Camp: CampAsthmaCaddabra, 570-346-1784
 - * Asthma & Allergy Foundation of America, www.sleepworkplay.com
 - * Put your Asthma to the Test and Asthma Control Made Simple: A guide for you and your child.
 - * Asthma Action in America, www.AsthmaActionAmerica.org
 - * American Lung Association, www.lunginfo.org, take the "Asthma Control Test" here (How to Help Your Child with Asthma etc.)
 - * American Academy of Pediatrics www.aap.org/bookstore, 888-227-1770, www.medic.com
 - * American Academy of Allergy Asthma & Immunology, 414-272-6070, www.aaaai.org
 - * Allergy and Asthma Network Mothers of Asthmatics, Inc. 800-878-4403, www.aanma.org
- Websites and...**

- Kids Corner**
- * www.asthmabusters.org, online club for kids with asthma
 - * www.everydaykidz.com, online club/resource for kids and parents (English & Spanish)
 - * www.starbright.org, or STARBRIGHT at 800-315-2580, asthma CD-Rom game, etc.
 - * www.aanma.org, click on "playtime" for games and activities

Does someone in your home have trouble breathing?

Alguien en su hogar tiene respirar de problema?

You, or a loved one, may be one of the 26 million American children and adults who have asthma, a serious lung disease that causes breathing problems.

Usted, o un amorado uno, puede ser uno de los 26 millones niños y los adultos Americanos que tienen el asma, una enfermedad pulmonar grave que causa respirando los problemas.

There is help! Use the list of resources on the back of this card to learn more about asthma.

¡Hay ayuda! Utilice la lista de recursos en la espalda de esta tarjeta para aprender más acerca de asma.

