

# Asthma Education Materials for Children

## Order form



### All about Asthma/Asthma and Your Child

This two sided "flip book" has information for children with asthma on one side and their parents on the other. The children's section includes puzzles and games about asthma alongside educational information. The parent's section covers asthma basics, medications and triggers. [Click here to view booklet cover](#) \_\_\_\_\_ 30 copies

### Montana Asthma Action Plan

The newest version of our color form for Montana youth with asthma. \_\_\_\_\_ 30 copies  
Would you like copies of the mock-completed form? \_\_\_\_\_ Yes \_\_\_\_\_ No

### Dusty the Asthma Goldfish Activity Book

A popular resource from the EPA, this activity book engages younger kids as they learn about asthma. [Click here to view book.](#) \_\_\_\_\_ 10 copies

### Why is Coco Orange?

Coco the chameleon can't change colors, and his asthma is acting up. Read how Coco and his friends at Lizard Lick Elementary solve this mystery as they learn about air quality and how to stay healthy when the air quality is bad. This EPA picture book is for all children, especially those with asthma, and their caregivers. [Click here to view book](#) \_\_\_\_\_ 10 copies

### Montana Asthma Project Education Curriculum

This 28-page curriculum is a comprehensive look at asthma, its triggers, and self-management techniques. The back cover is a stand, so that the patient sees the full-color picture and you see the corresponding talking points. The simple language is appropriate for kids and for adults with low-literacy skills. [Click here to view curriculum.](#) \_\_\_\_\_ 1 copy

### Help Your Child Gain Control Over Asthma

An EPA publication that reinforces the information included in the MAP curriculum, this would be a great booklet to have a parent or guardian read and complete after you have taught the curriculum to the family. [Click here to view booklet](#) \_\_\_\_\_ 10 copies

Please send the materials I've requested to:

Name, Organization:

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Address:

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City, State, Zip code:

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In case you have questions about my order, call me at: \_\_\_\_\_



All patient materials are provided free of charge to Montana healthcare providers by the Montana Asthma Control Program. To request more than 30 copies or for more information e-mail [asthmainfo@mt.gov](mailto:asthmainfo@mt.gov) or call 406-444-9155.

# Asthma Education Materials for Adults

## Order form



### **Living Well with Asthma**

This 6-panel brochure covers taking medications, using an inhaler, reducing indoor triggers, avoiding outdoor triggers, staying active, and peak flow monitoring.

\_\_\_\_\_ 30 copies

### **All about Asthma/Asthma and Your Child**

This "flip book" has information for children with asthma on one side and their parents on the other. The children's section includes puzzles and games about asthma alongside educational information. The parent's section covers asthma basics, medications and triggers.

[Click here to view booklet cover](#)

\_\_\_\_\_ 30 copies

### **Asthma....At My Age? Facts about asthma for older Americans**

This brochure is aimed specifically at older adults with asthma. It covers asthma basics, asthma action plans and medications.

[Click here to view brochure cover](#)

\_\_\_\_\_ 30 copies

### **Asthma: A Self-Care Guide**

This 32-page workbook is designed to help adult patients develop and achieve self management goals. The workbook includes space to develop an asthma action plan, maintain a symptom diary, and create an exercise plan.

[Click here to view booklet](#)

\_\_\_\_\_ 30 copies

### **My Asthma Wallet Card**

This pocket-sized wallet card has space to write in the patient's medications, peak flow numbers, and information for their doctor and emergency contact. A mini asthma action plan, it helps patients stay attuned to their important asthma-related information.

[Click here to view card](#)

\_\_\_\_\_ 30 copies

### **Montana Asthma Project Education Curriculum**

This 28-page curriculum is a comprehensive look at asthma, its triggers, and self-management techniques. The back cover is a stand, so that the patient sees the full-color picture and you see the corresponding talking points. The simple language is appropriate for kids and for adults with low-literacy skills.

\_\_\_\_\_ 1 copy

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