

HOW WE CAN HELP

- Free asthma training for children with asthma and their families
- Free home assessment for environmental triggers for children with asthma
- Free asthma training for the office staff of physicians
- Free training for school nurses, teachers and other school staff

CAMP CATCH YA BREATH

Camp "Catch-Ya-Breath" is a free weekend camp which helps children ages 7-13 learn about their asthma and how to control it. Camp "Catch-Ya-Breath" is held each year on Father's Day Weekend at the YMCA of the Ozarks.



**CONTACT US FOR
EDUCATION,
THERAPY, OR CAMP
CATCH YA-BREATH
INFO**


WASHINGTON COUNTY
MEMORIAL HOSPITAL

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**LEAD ASTHMA EDUCATOR
TAMMY REED**

**ASTHMA EDUCATOR
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PROJECT CALM



Childhood Asthma:

**HOW YOUR CARE
TEAM CAN HELP
YOU AND YOUR
CHILD BREATHE
EASIER TODAY!**

OUR PROGRAM

PROJECT CALM

(Childhood Asthma Linkages in Missouri)

This project was established through the partnership of Washington County Asthma Coalition, Washington County Memorial Hospital, Washington County Health Department, c2000 Partnership, and the University of Missouri. This program is the continuation of a program originally funded by the Health Resource and Service Administration.

PROJECT DIRECTOR

TAMMY REED,

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WHAT IS ASTHMA?

Asthma is a disease that affects the lungs and makes it difficult to breathe.

What are the signs of asthma?

- Coughing
- Wheezing
- Shortness of breath
- Itchy throat
- Sneezing
- Difficulty exhaling
- Tightness in chest
- Waking up frequently at night

WHAT HAPPENS DURING AN ASTHMA EPISODE?

Something triggers an episode. During an asthma episode, air has trouble getting in and out.

Here's what happens:

- The lining of the airway swells
- Muscles around the airway get tighter and narrows the airway more.
- Mucus clogs the airways. Mucus normally helps the airways stay moist. During an episode, the airways get too much.

WHAT ARE SOME TRIGGERS?

- Common Allergens like pets, dust mites, or mold
- Irritants such as dust, pollen, perfumes, chemicals, or smoke
- Outbursts of emotion or physical responses to changing weather
- Exercise

HOW CAN ASTHMA BE CONTROLLED?

- Identify and eliminate as many triggers as possible
- Follow up with your doctor and take medications as directed
- Keep a peak flow diary

