

ALA'S OPEN AIRWAYS for SCHOOLS

The American Lung Association's Open Airways for Schools is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.



Topics Include :

- Basic Asthma Information
- Controlling Triggers
- Managing Symptoms
- Understanding Medication



Why use the program?

It is a proven-effective way to:

- Improve asthma self-management skills
- Decrease asthma emergencies
- Raise asthma awareness among families and school personnel



Consists of five 40-minute group lessons

For More Information

Jamie Pauley
PCHD School Liaison & Health Educator
Open Airways Facilitator
jamie.pauley@porterco.org

