LIVING WITH ASTHMA

Asthma camp provides a wonderful opportunity for campers to share their experiences of living with asthma. Staff is encouraged to talk with campers and help them to share their thoughts about having asthma.

Taking charge means having control. Campers are encouraged to take control of their asthma by learning about their medications, techniques for proper medication delivery, identifying their triggers, avoiding triggers when possible, monitoring peak flows, and learning how to ask for help. Campers leave camp with an ACTION PLAN for taking control of their asthma.

Early Warning Signs and Triggers
Word Document
Acrobat PDF

Asthma Action Plan
Word Document
Acrobat PDF

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