

welcome to BREATHERVILLE USA



Houseplant Super Powers!

#DYK houseplants add oxygen and clean the air in your home? Ask your parents to put one in your bedroom. Some good choices include peace lily, English ivy, ferns, Dracaena and potted mums. Don't forget to water it!



Lunch Bunch

Allergy & Asthma Network partnered with Moms Clean Air Force and children's health groups to create an art installation of 770 school lunch boxes and trays on World Asthma Day in Washington, D.C. Each lunch box and tray represented 100 of the 77,000 students who miss school every day due to asthma.

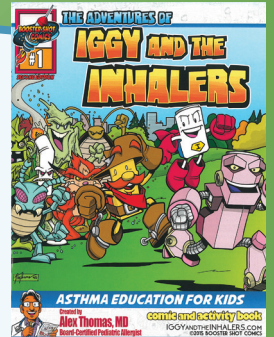


The Big Sneeze

Important reminder as cold and flu season arrives: If you sneeze into your hands, excuse yourself to wash them or use hand sanitizer. Sneeze into your elbow to avoid spreading germs!

'Iggy and the Inhalers'

This engaging, award-winning comic book series is part of an asthma education program developed by pediatric allergist Alex Thomas, MD. Want a free copy? Call Allergy & Asthma Network at 800.878.4403 or email info@AllergyAsthmaNetwork.org.



SECRET CODE WORDS

If you're at risk for a severe allergic reaction (anaphylaxis) what are some potential allergens in or around school that can set off symptoms?

Solve the **SECRET CODES** below to find out!
(Write the letter that each picture starts with in the box below it.)



Talk with your teacher or school nurse if you're concerned about exposure to an allergen.

Answers: BEE STING, LATEX BALLOONS, MILK PRODUCTS, FIRE ANTS, TREE NUTS