

# welcome to BREATHERVILLE USA

## Your Asthma Inhaler

Wondering how your quick-relief inhaler works? When you inhale, the medicine loosens muscles around your airways, opening them up and making it easier to breathe. Use it at the first sign of symptoms!

## How many words can you find?

Create as many words of 2 letters or more using the letters in the Word Wheel – you must always include the letter in the center of the wheel! Can you find 10 words? A 9-letter word? (Write the letter that each picture starts with in the box below it.)




## How Fast Do You Sneeze?

It happens in a split second. Ah-Choo! You sneeze at a roaring 600 miles an hour (!), dislodging bacteria and allergens such as pollen, mold or dust trapped in your nose.

## The Nose Knows

Your nose does more than decorate your face. It catches germs before they can enter your airway and protects the inside of your lungs. How can you help? Drink plenty of water to keep your body healthy and keep mucus thin.