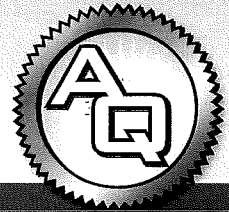


ASTHMA QUEST™



QUEST 1: ASTHMA AWARENESS

WHAT HAPPENS WHEN YOU TAKE A BREATH?

- When you breathe in, air comes in through your mouth and nose.
- Air then goes to your lungs through small tubes called **airways**.
- When you breathe out, air leaves your lungs through the airways.

What happens when you have asthma?

Asthma is a problem with the **lungs** that can make it hard to breathe. When you have asthma symptoms, two main things happen:

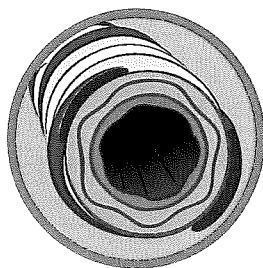
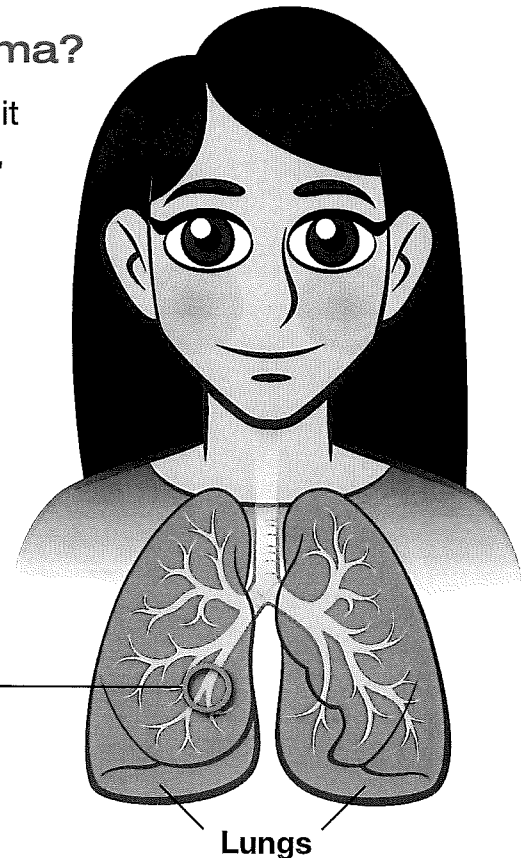
1. The airways swell and fill with **mucus**.
2. The muscles around the airways get tight. This makes the airways smaller.

What does asthma feel like?

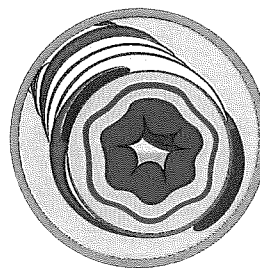
The main symptoms of asthma are:

- **Coughing**
- **Wheezing**
- **Shortness of breath**
- **Chest tightness**

You may have trouble sleeping or exercising because of your asthma symptoms.



Normal Airway
(wide open—breathing is easy)



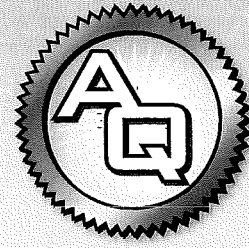
Airway During Asthma Symptoms
(swollen, smaller, and filled with mucus—breathing is hard)



GlaxoSmithKline

This material was developed by GlaxoSmithKline.

ASTHMA QUEST™



MY ASTHMA QUEST ADVENTURE

Fill in the blanks below. When you finish, put the words into the story and read it out loud.

1. A kid's name _____
2. Name your favorite super hero _____
3. A silly sound _____
4. Your favorite color _____
5. Name of a creature _____
6. A big number _____
7. A name of a powerful machine _____
8. A silly name _____
9. What you say when you are excited _____
10. Your feeling after eating a favorite food _____

Remember, don't read the story first. This will make your adventure even funnier.



My name is _____. Sometimes I like to play in the park pretending that I am a knight named _____. I pretend that I am slaying dragons, and as I run after the dragons, I sometimes cough, making “_____” sounds. I always carry my _____ magic shield to keep _____ triggers from ruining my day. When I hold my magic shield up, it signals for my mother to use covers for my pillow and mattress to keep _____ dust mites away. I also pretend that the carpet is a forest. My shield turns into a _____, with a vacuum to take care of pet dander and make a path through the forest. One day there seemed to be _____ pollen everywhere outside, so I used my shield to close all of the windows and keep the pollen out! My shield glows when my dad burns food on the grill, so I know to yell “_____” and get away from the smoke. My magic shield is great for keeping me safe, and it reminds me to take my daily preventive asthma medicine that my _____ parent gives me.



