

Asthma SelfCareKit for Child or Adult

- Six Steps to Asthma Control
- Tame the Triggers
- “What is Asthma?” Coloring Book
- Crayons
- Journal
- Peak Flow Meter
- Holding Chamber
- Peak Flow Record Book
- Instructional DVD/VHS
- Pillow Cover
- Mattress Cover (optional)*
- Asthma Alert Bracelet
- Medication ID Dots
- Fanny Pack



Step 1: Start the Peak Flow Record

Find the Peak Flow Record Book in the Kit. It shows how to:

1. Use the Peak Flow Meter
2. Find your personal best peak

It takes about two weeks to come. Get the first day's record, then come back.

Step 2: Set Up the Journal

The Journal is where you and the clinic. You need them to help set up the Journal to write in it every day to see if the plan is working.

- Open the Journal to the INSIDE. There's a chart to write in the name of:
1. Medicine for every day
 2. Medicine you take for quick relief
 3. Medicine for emergencies

Bring all the medicine you use for asthma to the clinic. Bring all the medicine you use for other medicine you take--and fill in the chart.

Talk with a doctor or nurse to make sure you're using the medicine right.

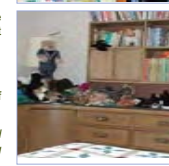


- 1 SMOKE
If you still smoke, plan to stop. Smoke and the smell of smoke is the top reason you have asthma attacks. Find the "Do You Want to Stop Smoking" sheet in the Kit.

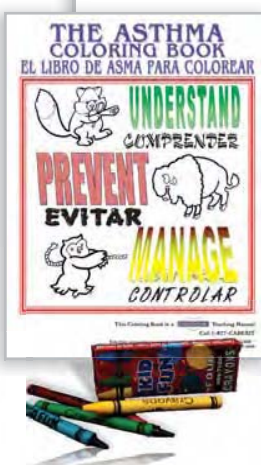
- 2 MOLD
When anyone takes a shower or bath, open the windows or use a fan to get the wetness out as fast as you can. If water stays in the air, mold grows.

- 3 DUST MITES
Search the house, room by room, and get rid of things that collect dust. Round up small rugs, extra books, stuffed toys, old newspapers and magazines—even curtains—anything you don't really need.

you just can't put them in the washer.



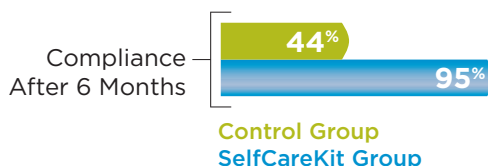
Pillow Encasing in the Kit. Stuff the pillow and zip it closed.



*Twin, Full, Queen, and King Sizes Available

Results

Virtua Health Systems in New Jersey used handouts from the American Lung Association before they used SelfCareKits.



“I found the kit very informative...the pillow encasement works well. Without these, my asthma came on a lot more. The coloring book is good for young children.”

-I.P. 9 Year Old Asthma Patient

“We have conducted studies...the program has proven results in reducing medical utilization...hospitalization, ER visits and urgent MD visits have been reduced by over 90 percent.”

-Childrens Memorial Hospital, Chicago



1-877-CAREKIT
1-877-227-3548
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