

ASTHMANAUTS



ASTHMA-NAUTS

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Welcome!

Use the Menu to help navigate your way through your Asthma-nauts adventure!



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MISSION BRIEFING



Welcome

Our airways are in danger and we need your help.

As you have asthma, you have been specially selected for the Asthmanaut training programme.

Out there in the atmosphere are enemies that will make your asthma worse if you let them.

We need you to discover what these dangers are and how to defend yourself against them.

During your training as an Asthmanaut, you will learn how to live safely with asthma.

Work your way through this training booklet and complete the following missions:

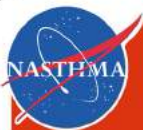
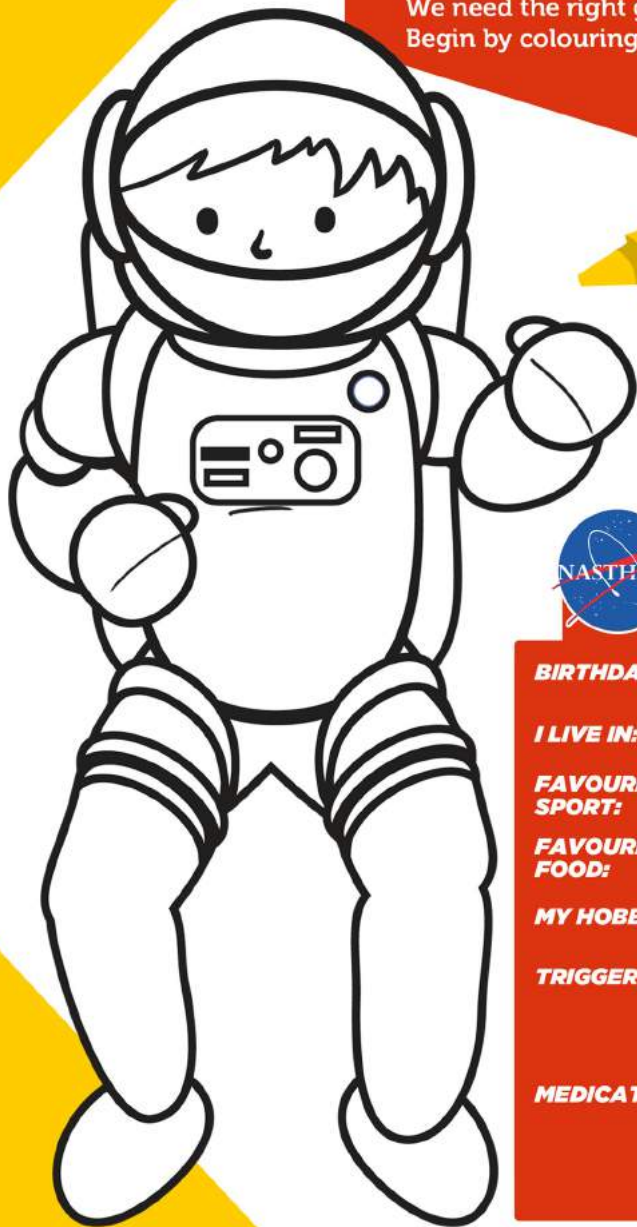
- **Mission 1**: Learn what asthma is and teach your parents.
- **Mission 2**: Be able to identify the 'airway enemies' (triggers of asthma).
- **Mission 3**: Know which inhaler rocket to call in times of need.
- **Mission 4**: Become a 'Spacer Cadet' by learning how to fuel your 'Spaceship'.
- **Flight Plan**: Plot your flight path with the Peak flow diary.



PREPARATION

THIS IS **'S ROCKET MANUAL**

HERE IS YOUR ASTHMA-NAUT SUIT.
We need the right gear for our mission ahead!
Begin by colouring in your uniform.



VITAL STATS

BIRTHDAY:

I LIVE IN:

**FAVOURITE
SPORT:**

**FAVOURITE
FOOD:**

MY HOBBY:

TRIGGERS:

MEDICATION:

MISSION 1

ASTHMANAUT TRAINING ROOM

MISSION ①

WHAT IS ASTHMA?

"Normal Breathing"



When you take a breath, air travels down your airways to the lungs. Like oxygen tanks in space, this provides the oxygen your body needs to work.



"Asthma Breathing"



With asthma, the oxygen pipes can become tight and narrow. It is then more difficult for air to get in and out of the lungs.

When this happens, you may:

- cough
- feel short of breath
- chest might sound wheezy.

If the airways get really narrow then you may find it very hard to breath. This can make you feel very poorly and scared. We call this an "asthma attack" and you may have to come to hospital.

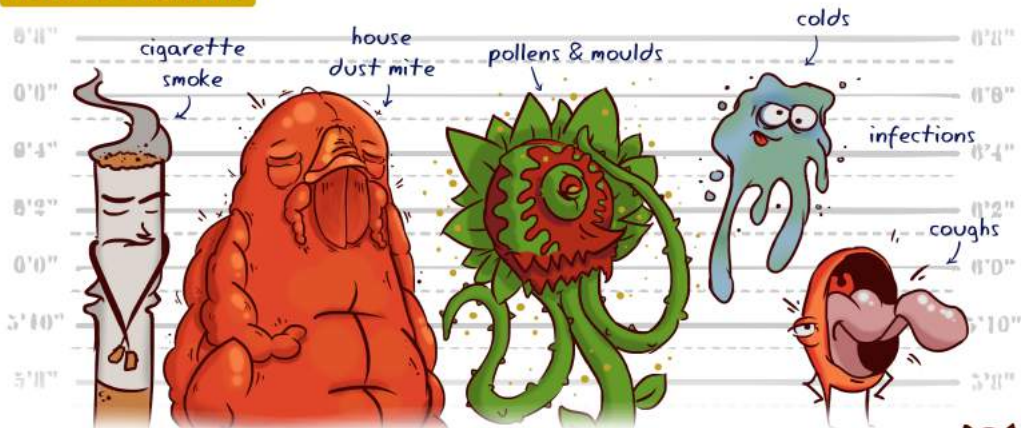


MISSION 2

THE 'AIRWAY ENEMIES' AND OTHER CAUSES OF WHEEZINESS

Certain airway enemies can attack your oxygen pipes and this can make your breathing worse and even lead to an asthma attack.

Watch out for:



Cigarettes: the most dangerous of them all - take cover and avoid their smoke at all costs!



Coughs and colds: asthma is made worse when Sniffles and co. are in town.



Pollen: itching powder of the plant world. This dust is carried in the air and can be particularly bad in Spring and Summer.



Dust Mites: tiny critters that live in the dust around your house! Get mummy or daddy to wash their dusty homes away!

Many Asthmanauts also feel wheezy whilst:



- in the cold



- doing exercise

Sometimes, however, you may even feel 'wheezy' for no reason. If, for any of the above reasons, you feel short of breath – help is just one blast away! Keep reading to find out how your rocket friends can help in times of need...

MISSION 3

YOUR INHALER ROCKETS

To treat asthma, there are special medicines that keep the airways nice and open.

You take the medicine by breathing it in from a rocket-shaped device called an **inhaler**.

Your doctor will decide on what is the best inhaler-rocket for you.

Let me introduce you to the two main types of inhaler-rockets and their pilots:



CAPTAIN BLUE

BLUE (RELIEVER)

Captain Blue (**reliever**) works really fast to re-open the airways if they suddenly become narrow.

Most asthmanauts will use the "Blue inhaler" from time to time. You should use the blue inhaler whenever your chest feels **tight** or **wheezy**. It will work quickly to relieve your wheeziness.

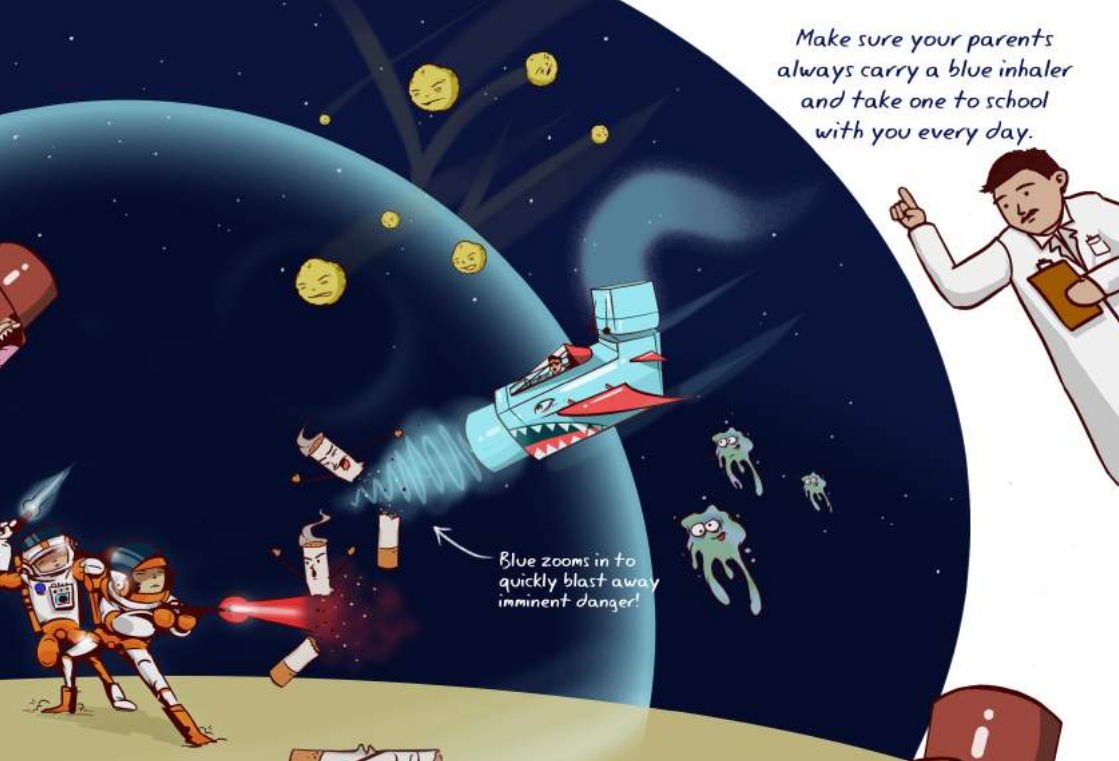
Sometimes Captain Blue can't do it alone and needs a helping hand. If you have bad attacks or are calling on Captain Blue regularly, your doctor might give you the keys to...

These inhaler-rockets work best when connected to a bigger ship called a Spacer.

Brown creates a special force field and protects us from danger



Make sure your parents always carry a blue inhaler and take one to school with you every day.



Blue zooms in to quickly blast away imminent danger!

COMMANDER BROWN

BROWN (PREVENTER)

Commander Brown (preventer), using a special force field, works all day and all night to stop the airways from becoming narrow.



You should use the "Brown inhaler" every day – even if you feel as fit as a fiddle!

If the oxygen pipes come under heavy attack, he will need help from his old speedy friend Captain Blue.

Just like before, use your blue inhaler whenever you feel wheezy or short of breath.

To gain your Spacer license and become a Spacer Cadet, make your way to the NASTHMA Space Station...

PUZZLE PAGE

Find your way to the Nasthma Space Station & avoid the airway enemies



START

1

2

3

4

5

6

7

8

END



WORD SEARCH

G
 U Y
 R J
 L C J O
 O N U Z
 G O T N C P
 T H J M D B
 G I G R E V E I L E R T V R L T I Q H F N G
 I N S L A Y K Q A W W Z M H E R O H T E
 P H E S R E C A P S H R J D I T A X
 O A K G R B M H F E E L A Z I M
 L L D B B A G T X K E C V B
 L E U W I N K L D I Z M
 K L E R Y E E R H M B M E D
 T I E N V N I E R G W M Q T
 L R Y K E M K D D U X Q I H E
 M W I R V B H S D Y N G K T
 W P G P I V I Q Y J O C Z F
 G I P B D L Z O P C
 I S S N R Q G J
 G V W P V A G

SPACER
 POLLEN
 ROCKET
 CADET
 WHEEZE
 PREVENTER

Find all the words before you board the Space Station.



MISSION 4

SPACER CADET TRAINING: HOW TO USE THE SPACER

1 Prepare inhaler rocket for docking.
Remove cap.

2 Shake inhaler so that
the rocket fuel is mixed.



3 Load the inhaler in the spacer
ship docking bay.

4 Press fuel charger **ONCE** to
release the rocket fuel.

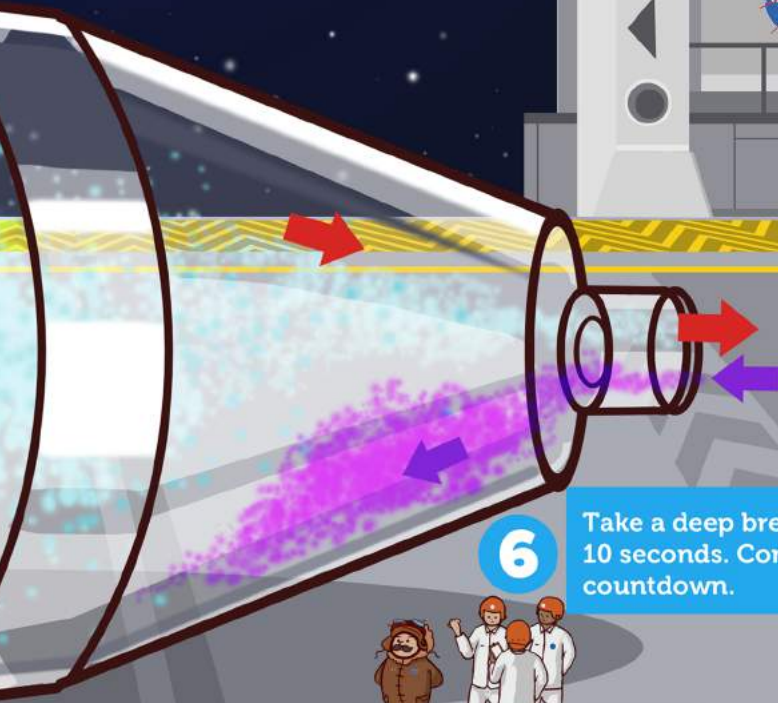


5 Form a tight seal.



7

Repeat steps 2-6 for each 'puff' of your inhaler rocket. Your doctor will tell you how many daily puffs of your inhaler you need.

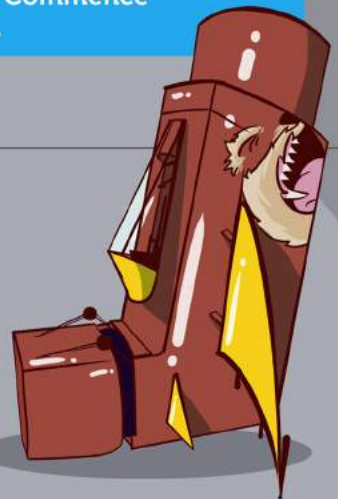


6

Take a deep breath in and out for 10 seconds. Commence countdown.



Wash your spacer ship once a month with soapy water. Let it drip dry.



If using your brown inhaler, wash your mouth out after using your spacer ship.

ASTHMA PLAN

CHILD HAVING AN ASTHMA ATTACK?


MISSION CONTROL
WE HAVE A PROBLEM!



T Think

Any of these signs:


- Coughing
- Hard to breath
- Send someone to get inhaler and spacer
- Weezing
- Tight Chest
- Stay with child
- Cannot walk/talk

 Is this an emergency?

I Intervene

- Keep calm
- Sit them up and slightly forwards
- Reassure child
- Is someone getting inhaler and spacer?
- Administer inhaler
- Note time of using inhaler



 Is this an emergency?

M Medicine



- Use blue inhaler
 - Repeat steps 1 to 4 up to 10 times if needed
 - If no improvement, call an ambulance
1. Shake inhaler
 2. Place in spacer
 3. Spray one puff
 4. Take five breaths

 Is this an emergency?

E Emergency

 999

- If no improvement or if you are worried or unsure, call 999
- If the ambulance takes longer than 10 mins, repeat Medicine steps
- Note time of calling 999



 Has child taken their inhaler?



When asthma strikes, it's TIME to act.

FLIGHT PLAN

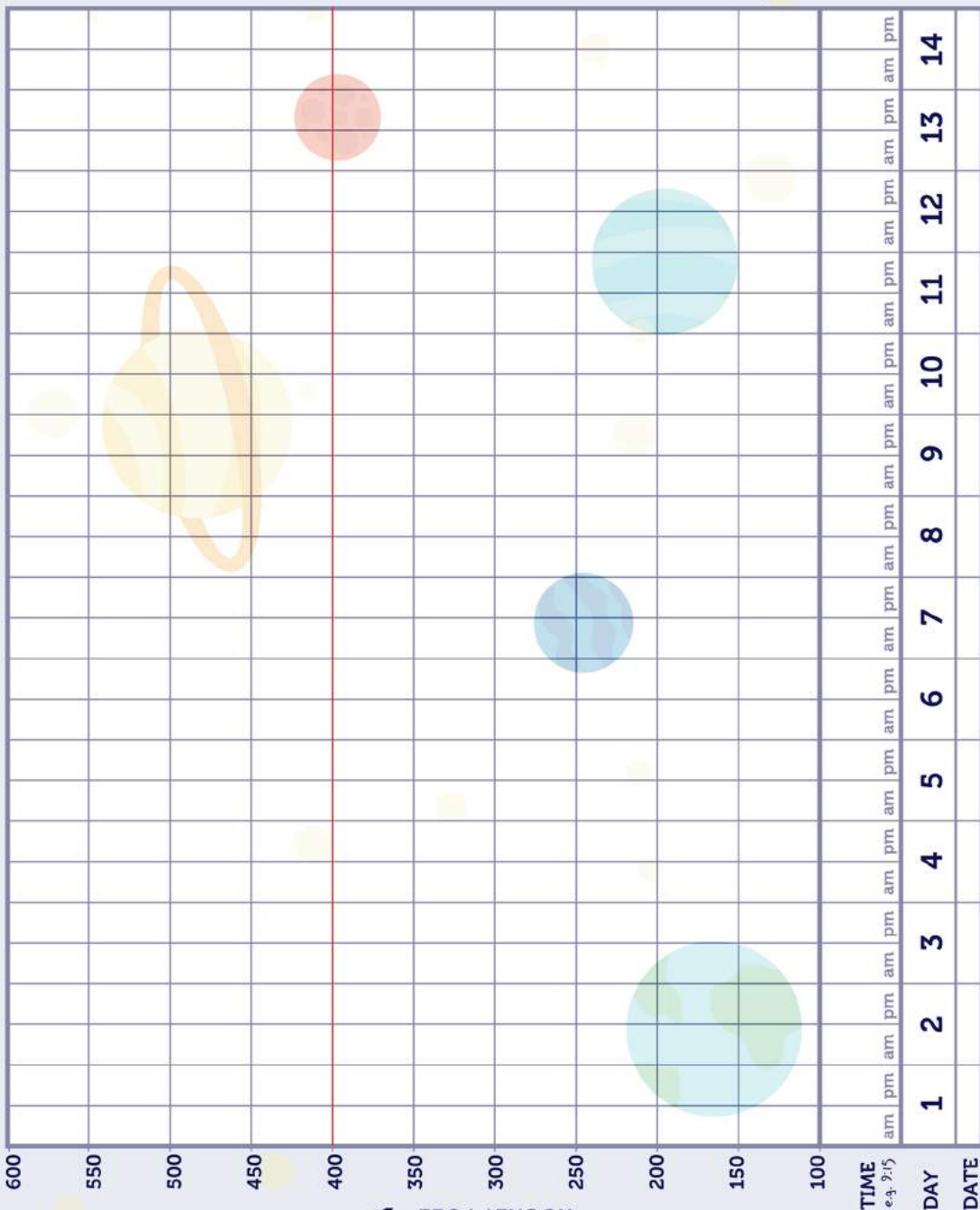
PEAK FLOW DIARY: PLOT YOUR FLIGHT PATH

Cadet's height:

Predicted reading for their height:

Previous best recording:

MAX Level
400



DAY	1		2		3		4		5		6		7		8		9		10		11		12		13		14	
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
DATE																												

Tell us what you think

We are always looking to make our booklet better. If you have any suggestions or would like more information about Asthmanauts, please get in touch:

email: info@asthmanauts.co.uk



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