



BlueResourceSM – Controlling Your Condition – Thriving with Asthma

Breathe Easier, Help Is Here

Kids and adults can enjoy a healthier, active life even with asthma. Free, expert advice is always at your fingertips. Get help fast with tips and tools on these websites.

The American Lung Association. Find fact sheets, guidelines and videos full of helpful tips. Connect with others who are living with asthma, too. lung.org/asthma

Centers for Disease Control and Prevention. Make an asthma action plan or watch a video on inhalers. Download the “Breathing Easier Guide.” cdc.gov/asthma/faqs.htm

American Academy of Allergy, Asthma and Immunology. Take the Asthma Quiz. Read free articles by asthma doctors. aaaai.org/conditions-treatments/asthma

National Heart Lung and Blood Institute. Help your child learn to manage their asthma. Enjoy colorful activity books, games and guides in English and Spanish. nhlbi.nih.gov/LMBBasthma



Tap into free tools to better control your asthma.

Sources: *Learn About Asthma.* American Lung Association. 2020.
Learn How to Control Asthma. Centers for Disease Control and Prevention. 2022.
Asthma. American Academy of Allergy, Asthma and Immunology. 2020.
Asthma: Learn More Breathe Better. National Heart, Lung and Blood Institute. 2022.