



Asthma and Allergy Awareness



May is Asthma and Allergy Awareness Month. The Division of Child Development would like to share some valuable information with the millions of children, their families and child care providers who have to cope with the watery eyes, sneezing, coughing and itching this season brings.

With the alarming number of children suffering from asthma and allergies, it is imperative that parents, child care providers and teachers know what to do when a child cannot breathe. Asthma is a chronic and potentially life-threatening lung disease in which airways become inflamed and/or swollen, making it hard to breathe. An estimated 20 million Americans suffer from asthma. Of these 20 million, half are children. Asthma is the number one reason for children being absent from school and the most common reason for pediatric emergency room visits. Research shows that with proper treatment these children can lead active and normal lives. The following sites offer tools and information needed to care for children with these diseases.

KidsHealth for Parents will provide you with **Asthma Basics**. Visit this site to find out the symptoms of asthma and its triggers. This site also provides information on allergies and other illnesses. Site is available in Spanish.

http://kidshealth.org/parent/medical/allergies/asthma_basics.html



The American Lung Association's **Asthma and Allergy** page will provide you with valuable information regarding Asthma Management. Visit this site to find out more. This site is also available in Spanish.

<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22582>

The Asthma and Allergy Foundation of American (AAFA) provides parents, child care providers and teachers with free information about educational programs, advocacy, research, publications, chapters, support groups and more.
<http://www.aafa.org/>

The U.S. Department of Health and Human Services Centers for Disease Control and Prevention says that the major health problem facing our children today is asthma. Low-income children, minorities and children living in inner cities experience a higher morbidity and mortality due to asthma. Visit the section entitled "**Asthma's Impact on Children and Adolescents.**"
<http://www.cdc.gov/asthma/children.htm>



The Food Allergy and Anaphylaxis Network provides you with "**Food Allergy News for Kids.**" This section contains information regarding the basic food allergies and tips to manage food allergies.
<http://www.fankids.org/FANKid/Basics/basics.html>

