



CENTENE
Corporation

PRESENTS...
ADVENTURES
FROM

PUFFLETOWN

WRITTEN &
CREATED BY
MICHELLE
BAIN

WINDY
PLAYWELL



FUZZY
B. POLLEN



DOODLEWAGG



DR. WOODY
VON WHEEZLES



SPIKE
ARMSTRONG



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HELPING YOU UNDERSTAND ASTHMA,
ONE BREATH AT A TIME!

**PROACTIVE
PARENTS/GUARDIANS
GUIDE**

WWW.THUMBSLIPJOHNNIE.COM

DEAR PARENT/GUARDIAN,

WE ALL WANT OUR CHILDREN WITH
ASTHMA TO BE HEALTHY!

ASTHMA CAN BE A FRIGHTENING
EXPERIENCE FOR KIDS, AS WELL AS
THEIR PARENTS. LET THUMBS UP
JOHNNIE BE YOUR PARTNER, ALONG
WITH YOUR PHYSICIAN, AS YOU AND
YOUR CHILD LEARN HOW TO MANAGE
ASTHMA.

GOOD READINGS TO YOU AND YOUR
FAMILY!

-Woody Hageler, M.D.

(THE REAL DOCTOR WOODY!)



DEAR PARENT/GUARDIAN,

I'M THUMBS UP JOHNNIE AND I
CREATED A BOOK FOR YOUR KIDDOS
ABOUT ASTHMA. I TEACH THE
IMPORTANCE OF SEEING A DOCTOR,
FOLLOWING YOUR ASTHMA ACTION
PLAN, USING A PEAK FLOW METER,
WATCHING YOUR ASTHMA TRIGGERS
AND BEING READY FOR EMERGENCIES.
THIS INTERACTIVE GUIDE IS FOR YOU
AND YOUR KIDDO TO "PARTNER UP"
AND MAKE A PLAN FOR LIVING
HEALTHY WITH ASTHMA!

-Thumbs Up Johnnie



THUMBS UP JOHNNIE
INTRODUCES HIS
FRIENDS FROM THE
ADVENTURES IN
PUFFLETOWN!



SPIKE
ARMSTRONG

I HELPED SPIKE FIND
OUT HE HAD ASTHMA!
AND I HELP HIM WATCH
FOR WARNING SIGNS
OF AN ATTACK!



WINDY
PLAYWELL

I HAVE
ASTHMA BUT I
LEARNED TO
CONTROL IT BY
FOLLOWING MY
ASTHMA ACTION
PLAN!



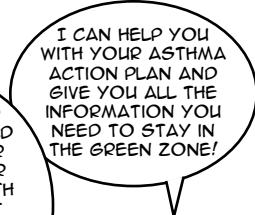
FUZZY G.
POLLEN

I KNOW I AM
A MESS OF
TRIGGERS BUT I
HELP SPIKE LEARN
AND WATCH FOR
WHAT TRIGGERS
HIS ASTHMA!



DOODLEWAGG

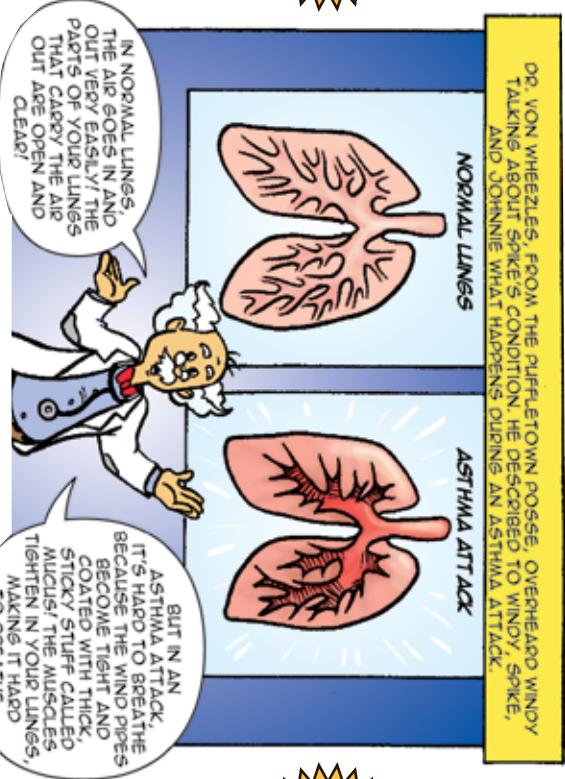
MY HAIR AND
DANDER COULD
BE A TRIGGER
FOR SPIKE OR
SOMEONE WITH
ASTHMA. BUT
BY WATCHING
THE SIGNS OF A
TRIGGER WE CAN
STILL BE
FRIENDS!



DR. VON
WHEEZLES

I CAN HELP YOU
WITH YOUR ASTHMA
ACTION PLAN AND
GIVE YOU ALL THE
INFORMATION YOU
NEED TO STAY IN
THE GREEN ZONE!

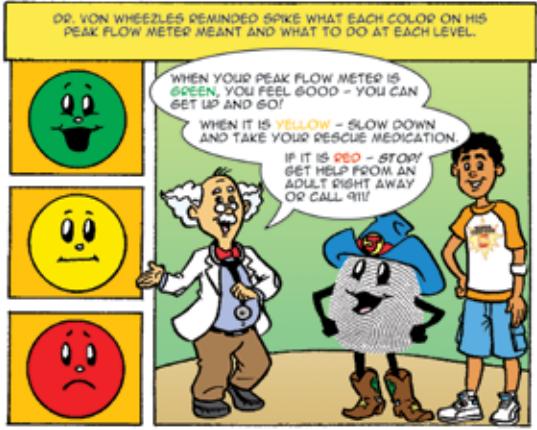
DON'T BE AFRAID TO CALL 911!



DON'T BE AFRAID TO CALL 911!



ASTHMA ACTION PLAN



HEALTHY QUESTIONS ABOUT YOUR KIDDO AND HIS OR HER PEAK FLOW ZONES:

- 1** ASK YOUR KIDDO HOW HE FEELS WHEN HE IS IN THE GREEN ZONE.
- 2** ASK YOUR KIDDO HOW HE FEELS WHEN HE IS IN THE YELLOW ZONE.
- 3** ASK YOUR KIDDO HOW HE FEELS WHEN HE IS IN THE RED ZONE.

IF YOU HAVE QUESTIONS ABOUT YOUR CHILD'S ASTHMA ZONES, ASK YOUR DOCTOR!





SPIKE ARMSTRONG TALKS ABOUT USING A PEAK FLOW METER

HEALTHY QUESTIONS ABOUT YOUR
KIDDO'S PEAK FLOW METER:

1 WHERE IS YOUR KIDDO'S PEAK FLOW
METER RIGHT NOW?
HAVE HER HELP YOU FIND IT!

2 IS YOUR KIDDO'S PEAK FLOW METER
CLEAN?

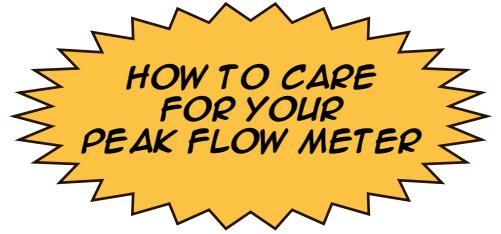
YES

NO

IF NOT, IT IS A GOOD IDEA TO HAVE
YOU AND YOUR KIDDO CLEAN IT UP
FOR SAFE MEASURE!

3 TALK TO YOUR KIDDO ABOUT THE
READINGS AND WHAT THEY MEAN
TO HER AND HER ASTHMA.

ALWAYS KEEP YOUR DOCTORS
APPOINTMENTS TO STAY TUNED
ON YOUR ASTHMA!



HOW TO CARE FOR YOUR PEAK FLOW METER

- ★ WASH THE PEAK FLOW METER ONCE PER WEEK.
- ★ WASH IT MORE OFTEN IF YOUR CHILD IS HAVING ASTHMA SYMPTOMS.
- ★ WASH THE PEAK FLOW METER IN WARM WATER WITH A MILD SOAP.
- ★ RINSE THOROUGHLY.
- ★ ALLOW IT TO AIR DRY BEFORE USING IT.
- ★ **DO NOT** ATTEMPT TO CLEAN THE INSIDE OF THE PEAK FLOW METER WITH A BRUSH.
- ★ **DO NOT** BOIL OR TRY TO TAKE APART.



KNOW YOUR ZONES!

SPIKE EXPLAINED TO HIS FRIENDS THE COLOR CODES THAT LET HIM KNOW HOW HIS BREATHING AND HIS ASTHMA ARE DOING.

SAFETY ZONE	NO COUGH/WHEEZING BREATHING IS EASY
CAUTION ZONE	SHORT OF BREATH COUGHING/WHEEZING
DANGER ZONE	DIFFICULTY WALKING, TALKING. VERY BAD BREATHING PROBLEMS



FUZZY G. POLLEN TALKS ABOUT TRIGGERS

- POLLUTION
- EMOTIONS
- PERFUME
- COLD/FLU
- DUST
- MOLD
- COLD AIR
- COCKROACHES
- POLLENS
- ANIMAL DANDER
- SMOKE
- HEAT
- EXERCISE



PUFFLETOWN PLEDGE

I TAKE A DEEP BREATH, CHECKIN' MY ASTHMA AND ME,
I USE MY PEAK FLOW METER TO SEE IF IT'S GREEN...

I GOT MY ASTHMA ACTION PLAN & MY INHALED AT MY SIDE,
I USE MY MEDICINE DAILY TO KEEP MY BREATHIN' ON STRIDE!

RED, YELLOW, GREEN- I CHECK IT EVERY DAY...
I WATCH MY TRIGGERS DAILY TO KEEP ME IN PLAY!

I TOOK THE PUFFLETOWN PLEDGE

THUMBPRINT

HERE

X SIGN _____

X SIGN _____

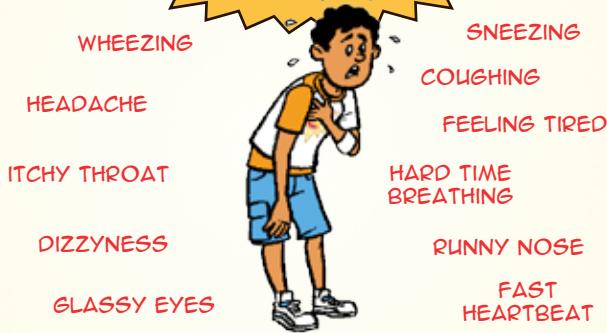


HEALTHY QUESTIONS ABOUT YOUR KIDDO'S TRIGGERS:

- 1 WHAT ARE YOUR KIDDO'S TRIGGERS?
- 2 HOW DO THEY MAKE HIM FEEL?
- 3 WHAT ARE WAYS THAT YOU CAN AVOID THEM?



SIGNS OF AN ASTHMA ATTACK



WHEEZING

SNEEZING

HEADACHE

COUGHING

ITCHY THROAT

FEELING TIRED

DIZZINESS

HARD TIME BREATHING

GLASSY EYES

RUNNY NOSE

FAST HEARTBEAT

SIGNS AND SYMPTOMS OF A SEVERE ASTHMA EPISODE IN INFANTS & SMALL CHILDREN

- ★ NASAL FLARING (NOSTRILS OPEN WIDER WITH BREATHING)
- ★ SUCKLING OR FEEDING MAY STOP
- ★ BREATHING RATE INCREASES MORE THAN 40 BREATHS PER MINUTE WHILE INFANT IS SLEEPING
- ★ RETRACTIONS (THE CHEST APPEARS TO SUCK IN BELOW THE NECK AND/OR THE SKIN BETWEEN THE RIBS PULLS TIGHT AND SINKS IN WITH BREATHING)
- ★ GRUNTING WHEN BREATHING OUT
- ★ CRY MAY BECOME SOFTER OR SHORTER
- ★ WHEEZING AND COUGHING GETS WORSE EVEN AFTER RESCUE MEDICATIONS
- ★ MAY COMPLAIN THAT CHEST OR STOMACH HURTS
- ★ MAY BECOME TIRED EASILY WHILE PLAYING OR MAY AVOID ACTIVITIES ALTOGETHER
- ★ SKIN COLOR MAY CHANGE (AROUND THE MOUTH OR FINGERNAILS MAY TURN BLUE OR SKIN MAY APPEAR PALE OR GRAY)



THUMBS UP JOHNNIE AND SPIKE REVIEW HOW TO USE YOUR INHALER

1. SHAKE YOUR INHALER 3-4 TIMES BEFORE YOU USE IT.



2. REMOVE THE CAP FROM YOUR INHALER.



3. PUT YOUR INHALER INTO THE SPACER.



4. TAKE A DEEP BREATH OUT.



5. PUT THE MOUTHPIECE BETWEEN YOUR TEETH AND TIGHTEN YOUR LIPS AROUND IT.



6. PRESS THE TOP OF YOUR INHALER ONE TIME.



7. TAKE A DEEP BREATH IN SLOWLY.



8. HOLD YOUR BREATH AND COUNT TO 10 AND THEN BREATHE OUT.



TIPS FOR USING THE INHALER WITH SPACER (WITH AND WITHOUT MASK)



1. REMOVE THE CAP FROM THE INHALER AND SPACER.
2. CHECK THE SPACER FOR DUST OR OTHER ITEMS BEFORE EACH USE.
3. PUT THE INHALER MOUTHPIECE INTO THE END OF THE SPACER.
4. HOLD THE SPACER AND INHALER FIRMLY. SHAKE 4 OR 5 TIMES.
5. HAVE YOUR CHILD BREATHE OUT NORMALLY.
6. PLACE THE MOUTHPIECE OF THE SPACER BETWEEN THE FRONT TEETH AND TIGHTEN THE LIPS AROUND IT. MAKE SURE THE TONGUE IS FLAT AND UNDER THE MOUTHPIECE. (IF A MASK IS USED, PLACE THE MASK GENTLY OVER THE MOUTH AND NOSE.)
7. PUSH DOWN ON THE END OF THE INHALER ONCE, AND HAVE YOUR CHILD TAKE A SLOW DEEP BREATH IN.
8. AFTER INHALING AS MUCH AIR AS POSSIBLE, HAVE YOUR CHILD HOLD HER BREATH FOR 5-10 SECONDS (IF SHE CAN).
9. (IF A MASK IS USED, KEEP THE MASK SEALED ON YOUR CHILD'S FACE AND HAVE HIM BREATHE IN AND OUT 5 TO 6 TIMES.) IF THE SPACER MAKES A WHISTLING SOUND, YOUR CHILD IS BREATHING IN TOO FAST; HAVE HIM SLOW DOWN.
10. BREATHE OUT SLOWLY AND RINSE YOUR CHILD'S MOUTH OUT AFTER USING THE INHALER.



ASTHMA CHECKLIST



RINSE AFTER USING YOUR MEDICINE?



USE YOUR SPACER TO GET THEIR MEDICINE?



TAKE YOUR CONTROLLER MEDICINE TODAY?



CHECK THE EXPIRATION DATE ON YOUR MEDS?



REMEMBER TO CLEAN YOUR SPACER OR NEBULIZER?



REMEMBER TO KEEP YOUR DOCTOR'S APPOINTMENTS?



ASTHMA RULES OF THUMB

DON'T BE AFRAID
TO CALL 911.

CARRY YOUR
RESCUE INHALER AND
SPACER WITH YOU
AT ALL TIMES, WHEN
POSSIBLE.

SPIKE GAVE A SUPER KICK TO THE KICKBALL, AND BOTH THE HAPPY
KICKERS AND THE PUFFLETOWN POSSE CHEERED HIM ON!



KEEP TRACK OF
YOUR TRIGGERS.

USE YOUR
RESCUE
MEDICINE 15 TO
30 MINUTES
BEFORE
PHYSICAL
ACTIVITY.

MAKE SURE THE SCHOOL
NURSE HAS A COPY OF
YOUR ACTION PLAN, AS
WELL AS YOUR MEDICINE.

USE YOUR PEAK FLOW
METER, AND FOLLOW
YOUR ACTION PLAN AS
INSTRUCTED BY YOUR
DOCTOR.

ASTHMA CONTROL TIPS

- ★ WASH BEDDING WEEKLY WITH LAUNDRY SOAP AND HOT WATER
- ★ COVER PILLOWS AND MATTRESSES WITH ALLERGEN PROOF ENCASEMENTS, IF POSSIBLE
- ★ IF UNABLE TO GET RID OF PETS, KEEP THEM FROM THE BEDROOM AND KEEP THE DOOR CLOSED
- ★ WASH PETS WEEKLY
- ★ MINIMIZE THE AMOUNT OF STUFFED TOYS AND WASH THEM WEEKLY
- ★ VACUUM CARPETS ONCE OR TWICE PER WEEK
- ★ USE A WET MOP AND DAMP CLOTH WHEN DUSTING
- ★ USE A DEHUMIDIFIER OR AIR CONDITIONER TO KEEP THE HUMIDITY LEVEL LOW IN THE HOME
- ★ FIX ALL LEAKY PIPES AND FAUCETS
- ★ AFTER OUTDOOR ACTIVITIES, HAVE YOUR CHILD SHOWER/BATHE AND WASH HAIR

PROTECT YOUR CHILD FROM EXPOSURE TO SECONDHAND SMOKE. IF YOU SMOKE, CONSIDER QUITTING!



- ★ SMOKE OUTSIDE OF THE HOME AND THE CAR
- ★ IF YOU WEAR A JACKET OUTSIDE WHEN YOU SMOKE, REMOVE IT WHEN YOU GO INSIDE
- ★ WASH YOUR HANDS AFTER SMOKING



DATE AND TIME

WHEEZING

COUGHING

CHEST TIGHTNESS

NIGHTTIME AWAKENINGS

EARLY MORNING COUGH

ITCHING

HEADACHES

TRIGGERS/
QUICK-RELIEF MEDICATIONS

COMMENTS



ASTHMA'S RULES OF TWO®

IF YOUR CHILD...

USES THE RESCUE MEDICATION MORE THAN TWO TIMES A WEEK

OR

WAKES UP AT NIGHT WITH ASTHMA MORE THAN TWO TIMES A MONTH

OR

HAS TO HAVE MORE THAN TWO RESCUE MEDICATION REFILLS IN A YEAR

...THEN HIS OR HER ASTHMA IS **NOT** UNDER CONTROL AND YOU SHOULD TALK TO YOUR CHILD'S DOCTOR TO SEE IF THE MEDICATIONS NEED TO BE ADJUSTED.

