

# Maggie's Health Tips

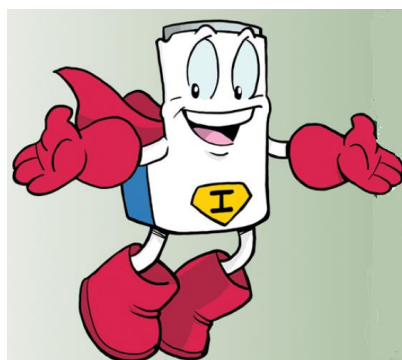


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## Do you have a friend with asthma? I do.

Asthma can be really scary when it happens for the first time. My friend, Spike Armstrong was in gym class when he had his first attack. He felt tired, dizzy and had a hard time breathing. His heart beat fast and he was wheezing. Spike went to the doctor, explained his symptoms and found out that he had asthma. He was sad because he thought it meant he wouldn't be able to play kickball or any of the other sports he liked. But his doctor came up with an Asthma Action Plan and taught him how to manage his asthma. In fact, Spike scored the winning kick during the competition between Darby Boingg's team and his team, the Claytown Kickers. Click **HERE** to read about the game and how Spike learned to monitor and control his asthma.

Iggy the Inhaler is another friend of mine. He and his team are super heroes to children with asthma. Below, Iggy and his friends explain what happens when someone has an asthma attack, what triggers it, and how to treat it.



Iggy the Inhaler explains the difference between a normal airway and an airway with asthma.

Watch Iggy explain asthma. Have an adult click on this link:

[https://youtu.be/Et\\_alsghel8](https://youtu.be/Et_alsghel8)

Your parent or guardian can click on this link:

[https://youtu.be/znHd7da\\_7z4](https://youtu.be/znHd7da_7z4) to watch Iggy and The Inhalers explain the symptoms of asthma to help kids learn how when they need to take their medication.

Click the link below to see Iggy and The Inhalers explain asthma attacks and asthma emergencies, so kids know when to call 911.

<https://youtu.be/TYCw6n6Vztg>

Meet Team Trigger in this video. Watch Iggy and the Inhalers combat their worst enemies.

<https://youtu.be/oC2W1sd565M>

