

THE ADVENTURES OF

**BOINGG & SPRINGETTE™**

THROUGH

**PUFFLETOWN**

WRITTEN &  
CREATED BY  
**MICHELLE  
BAIN**

**WINDY  
PLAYWELL**

**SPIKE  
ARMSTRONG**

**DR. WOODY  
VON WHEEZLES**

**FUZZY  
G. POLLEN**

**LOUIE**

**HELPING YOU UNDERSTAND ASTHMA  
ONE BREATH AT A TIME!**

**PROACTIVE  
PARENTS/GUARDIANS  
GUIDE**

WINNER OF NATIONAL ENVIRONMENTAL  
LEADERSHIP AWARD IN ASTHMA MANAGEMENT

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 DARBY BOINGG  
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 Hagerer, M.D.*

(THE REAL DOCTOR WOODY!)



DEAR PARENT/GUARDIAN,

I'M DARBY BOINGG AND I CREATED A  
BOOK FOR YOUR KIDS 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 GUIDE IS FOR  
YOU AND YOUR CHILD TO WORK  
TOGETHER AND MAKE A PLAN  
FOR LIVING HEALTHY WITH ASTHMA!

*-Darby Boingg*



**DISCLAIMER.** This book provides general information about asthma and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns. You should consult a qualified medical professional before beginning any exercise program.



DARBY BOINGG  
INTRODUCES HIS  
FRIENDS FROM THE  
ADVENTURES THROUGH  
PUFFLETOWN!



SPIKE  
ARMSTRONG

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

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



WINDY  
PLAYWELL

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



FUZZY G.  
POLLEN

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!



LOUIE

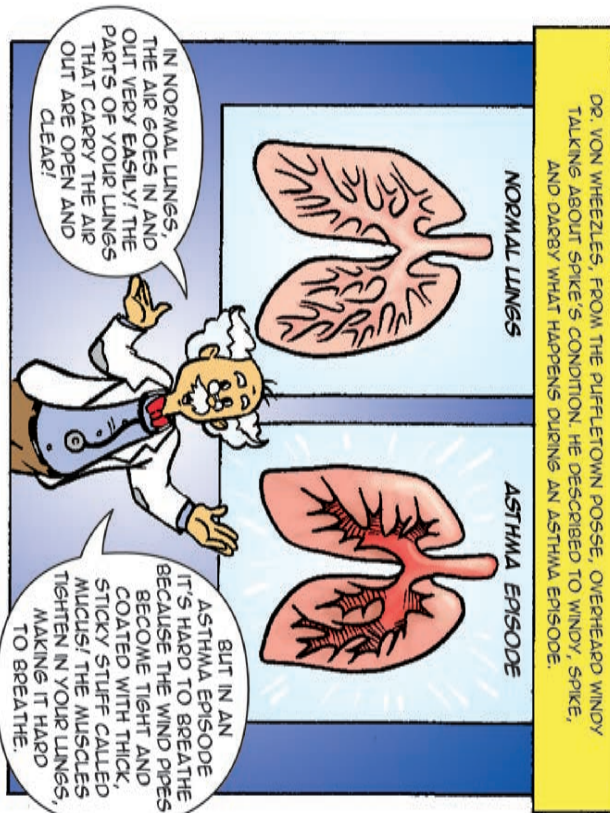
I CAN HELP YOU  
WITH YOUR ASTHMA  
ACTION PLAN AND  
GIVE YOU ALL THE  
INFORMATION YOU  
NEED TO STAY IN  
THE GREEN ZONE!



DR. VON  
WHEEZLES



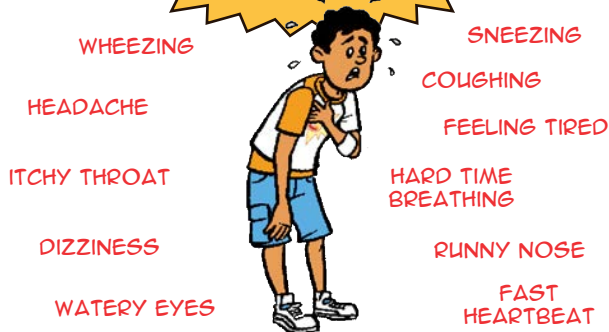
**DON'T BE  
AFRAID  
TO CALL  
911!**



**DON'T BE  
AFRAID  
TO CALL  
911!**



## SIGNS OF AN ASTHMA EPISODE



## 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)







## FUZZY G. POLLEN TALKS ABOUT TRIGGERS

POLLUTION

EMOTIONS

PERFUME

COLD/FLU

DUST

MOLD

COLD AIR

COCKROACHES

POLLENS

ANIMAL  
DANDER

SMOKE

HEAT

EXERCISE



### HEALTHY QUESTIONS ABOUT YOUR CHILD'S TRIGGERS:

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



## SPIKE ARMSTRONG TALKS ABOUT USING A PEAK FLOW METER

### HEALTHY QUESTIONS ABOUT YOUR CHILD'S PEAK FLOW METER:

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

2 IS YOUR CHILD'S PEAK FLOW METER CLEAN?

YES

NO

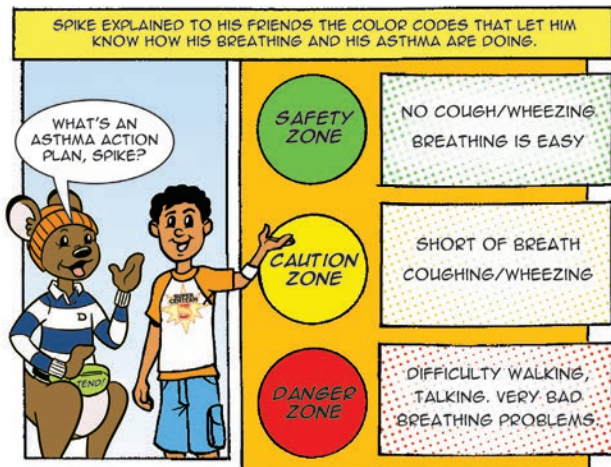
IF NOT, IT IS A GOOD IDEA TO HAVE  
YOU AND YOUR CHILD CLEAN IT UP  
FOR SAFE MEASURE!

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

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



## KNOW YOUR ZONES!



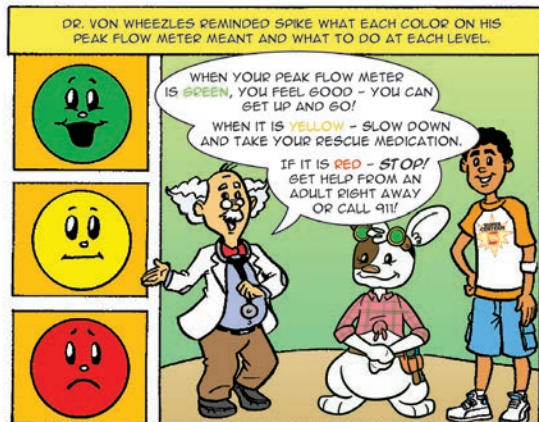
### HEALTHY QUESTIONS ABOUT YOUR CHILD AND HIS OR HER PEAK FLOW ZONES:

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

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



## ASTHMA ACTION PLAN



### PUFFLETOWN PLEDGE

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

I HAVE MY ASTHMA ACTION PLAN & MY INHALER IN REACH.  
I USE MY MEDICINE DAILY TO KEEP ME BREATHING FREE!

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

☒ I TOOK THE  
PUFFLETOWN  
PLEDGE

*Darby BoIngg*  
DARBY BOINGG

X SIGN \_\_\_\_\_



## HEALTHY RULES OF ASTHMA!

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 CLAYTOWN KICKERS AND THE PUFFLETOWN POSSE CHEERED HIM ON!

IT'S GOOD TO  
BE KICKIN' AND  
BREATHIN' WELL!

HOME  
RUN!!

THAT IS  
AWESOME!

KEEP TRACK OF  
YOUR TRIGGERS.

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

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

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

## 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.



## DARBY BOINGG AND SPIKE REVIEW HOW TO USE YOUR INHALER

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



3. PUT YOUR  
INHALER INTO  
THE SPACER.



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



2. REMOVE THE  
CAP FROM  
YOUR INHALER.



4. TAKE A DEEP  
BREATH OUT.



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.



## TIPS TO CLEAN SPACER



- ★ CLEAN AT LEAST ONCE EACH WEEK AND MORE OFTEN IF HAVING BREATHING TROUBLE.
- ★ SEPARATE THE PARTS THAT CAN BE REMOVED, AND SOAK THEM IN WARM WATER WITH MILD DETERGENT FOR 20 MINUTES. (IF A MASK IS USED, GENTLY REMOVE IT FROM THE SPACER).
- ★ RINSE WITH CLEAN, WARM WATER.
- ★ **DO NOT** BOIL OR PLACE IN DISHWASHER.
- ★ **DO NOT RUB DRY**; SHAKE EXCESS WATER, AND PLACE ON A CLEAN SURFACE TO AIR DRY.
- ★ ONCE COMPLETELY DRY, PUT SPACER BACK TOGETHER, AND STORE IN A CLEAN PLASTIC BAG.





ASTHMA CHECKLIST



RINSE AFTER USING  
YOUR MEDICINE?



USE YOUR INHALER  
AND SPACER?



TAKE YOUR CONTROLLER  
MEDICINE TODAY?



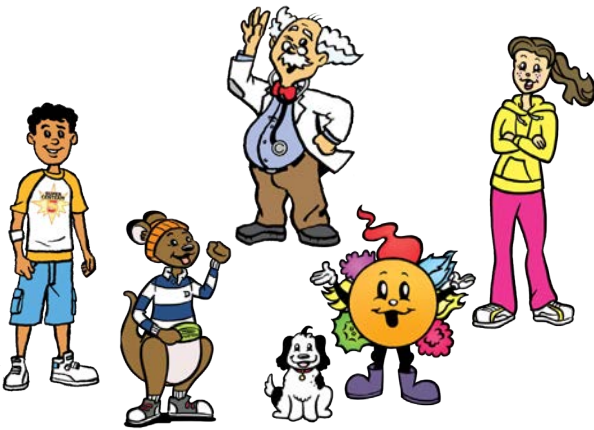
CHECK THE EXPIRATION DATE  
ON YOUR MEDS?



REMEMBER TO CLEAN YOUR  
SPACER OR NEBULIZER?



REMEMBER TO KEEP YOUR  
DOCTOR'S APPOINTMENTS?



DATE AND TIME



WHEEZING

COUGHING

CHEST  
TIGHTNESS

NIGHTTIME  
AWAKENINGS

EARLY MORNING  
COUGH

ITCHING

HEADACHES

TRIGGERS,  
QUICK-RELIEF MEDICATIONS

COMMENTS





# PEAK FLOW DIARY

**RECORD YOUR BEST PEAK FLOW  
EACH MORNING AND EARLY  
AFTERNOON, BEFORE AND A  
FEW MINUTES AFTER USING YOUR  
INHALERS OR NEBULIZED MEDICINE.**

DATE AND TIME

[illegible]

- ★ 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

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# 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.

## MORE INFORMATION

- ★ NATIONAL HEART, LUNG AND BLOOD INSTITUTE  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- ★ ASTHMA AND ALLERGY FOUNDATION OF AMERICA  
[www.aafa.org](http://www.aafa.org)
- ★ ALLERGY AND ASTHMA NETWORK,  
MOTHERS OF ASTHMATICS  
[www.aanma.org](http://www.aanma.org)



MADE IN  
THE USA



KEEP THE PLANET  
HEALTHY! THIS BOOK  
WAS PRINTED ON  
RECYCLED PAPER.

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