

Online Learning for Better Asthma Management

The American Lung Association's Asthma Basics program features a free one hour interactive online learning module designed to help people learn more about asthma.

Asthma Basics is ideal for:

- Adults with asthma
- Parents of children with asthma
- Employers
- Friends and family who want to learn more about the disease
- School staff and coaches
- Healthcare professionals
- Community health educators



This program will teach participants:

- How to recognize and manage triggers,
- The value of an asthma action plan, and
- How to recognize and respond to a breathing emergency.

In addition to the Asthma Basics online learning module, you will have access to a number of American Lung Association asthma resources, including:

- Asthma Action Plan
- Asthma Animation that illustrates the process of an asthma episode
- Asthma Medication Device & Demonstration Videos
- Asthma Medication Device Instruction for Use and Cleaning
- Environmental Control Guide

Visit [Lung.org/asthmabasics](https://lung.org/asthmabasics) for more information or to register for the course.

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