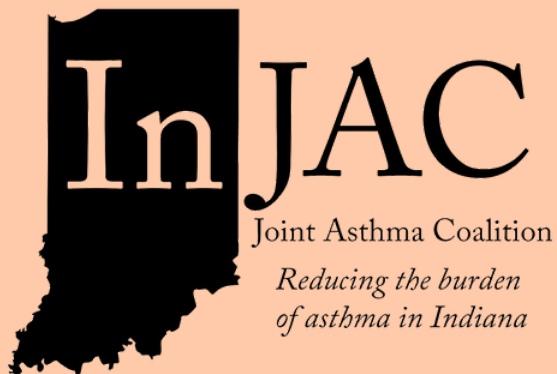




# EXHALE



STRATEGIES TO HELP  
PEOPLE WITH ASTHMA  
BREATHE EASIER



Community Health  
Partnerships  
Indiana Clinical and Translational  
Sciences Institute

# What is EXHALE?

EXHALE IS A STRATEGY TO HELP REDUCE ASTHMA-RELATED EMERGENCY DEPARTMENT VISITS, HOSPITALIZATION, AND HEALTHCARE COSTS. EXHALE CAN BE USED BY HEALTH PROFESSIONALS, SCHOOLS, PEOPLE WITH ASTHMA AND THEIR FAMILIES, AND OTHERS. EXHALE WORKS BEST WHEN EVERYONE IN A COMMUNITY IS DOING THEIR PART TO SUPPORT THOSE WITH ASTHMA.



Learn more about  
EXHALE [here](#)

E

EDUCATION

X

X-TINGUISH

H

HOME

A

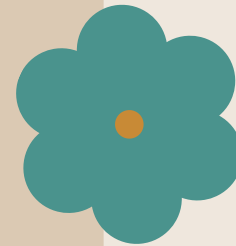
ACHIEVEMENT

L

LINKAGES

E

ENVIRONMENTAL



# Education



EDUCATING THOSE WITH ASTHMA ALONG WITH THOSE WHO WORK CLOSELY WITH OTHERS WHO HAVE ASTHMA CAN HELP WITH SELF-MANAGEMENT.

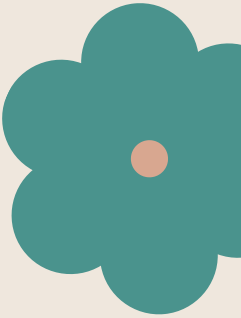


## LEARN...

- HOW TO USE ASTHMA MEDICATIONS CORRECTLY INCLUDING A NEBULIZER AND SPACER
- ABOUT PERSONAL TRIGGERS AND HOW TO AVOID THEM
- HOW TO MANAGE ASTHMA WHEN SYMPTOMS WORSEN



# X-tinguish



SECOND AND THIRD HAND SMOKE CAN BE A TRIGGER AND UNHEALTHY FOR EVERYONE, ESPECIALLY THOSE WITH ASTHMA. IT IS IMPORTANT TO LIMIT EXPOSURE.

VISIT [QUIT NOW INDIANA](#) TO LEARN MORE AND GET SUPPORT FOR QUITTING SMOKING AND LEARN MORE ABOUT SECOND HAND SMOKING [HERE](#)

SECOND HAND SMOKE IS INHALING SMOKE FROM SOMEONE ELSE'S CIGARETTES

THIRD-HAND SMOKE IS FROM SURFACES LIKE WALLS AND CLOTHING HAVING RESIDUE FROM SMOKE ON THEM

# Home

HOME VISIT SERVICES CAN  
HELP YOU BE SUCCESSFUL IN  
MANAGING ASTHMA AT HOME

CHECK OUT A  
HOME VISIT  
CHECKLIST [HERE](#)

## Visits can include

- ENVIRONMENTAL ASSESSMENTS FOR COMMON TRIGGERS
- SELF-MANAGEMENT EDUCATION AT HOME



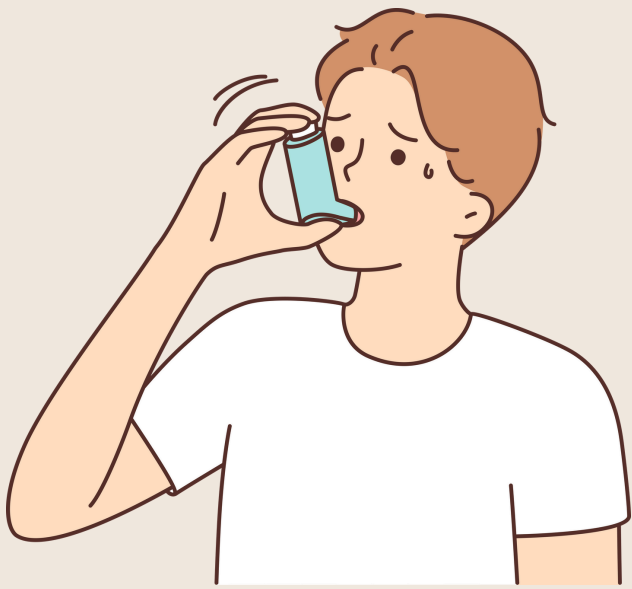
# Achievement

ACHIEVEMENT INCLUDES THE TOOLS, TRAINING,  
AND MEDICAL RECORDS USED BY MEDICAL  
PROVIDERS TO PROVIDE THE BEST POSSIBLE  
CARE FOR PEOPLE WITH ASTHMA



PATIENTS CAN PRACTICE  
ACHIEVEMENT TOO BY ASKING  
PROVIDERS QUESTIONS AND MAKING  
SURE AN INHALER AND OTHER  
MEDICATION IS BEING USED PROPERLY

LEARN HOW TO USE AN  
INHALER PROPERLY [HERE](#)



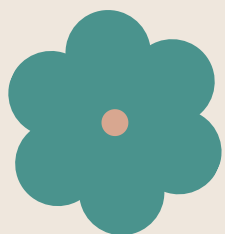
# Linkages

LINKAGES ENSURE EVERYONE IS ON THE SAME PAGE WITH ASTHMA ACTION PLANS. FOR EXAMPLE, SCHOOL NURSES KNOWING MEDICATION AND TRIGGERS



## Ways to Practice

- HAVE A CONVERSATION WITH A SCHOOL NURSE ABOUT YOUR STUDENT'S NEEDS
- MAKE FAMILY AND FRIENDS AWARE OF TRIGGERS
- ALWAYS BE EDUCATING THOSE AROUND YOU
- HAVE AN ASTHMA ACTION PLAN



# Environmental

PRACTICES AND POLICES IN A  
COMMUNITY CAN HELP  
SUPPORT THOSE WITH ASTHMA



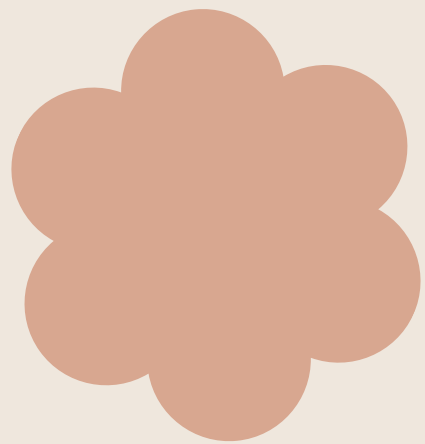
## Community Practices

- SMOKE-FREE POLICIES IN COMMUNITY AREAS
- REDUCING EXPOSURE TO ASTHMA TRIGGERS IN THE WORKPLACE AND SCHOOLS
- REDUCING AIR POLLUTANTS INDOORS AND OUTDOOR

LEARN ABOUT AIR  
QUALITY HERE AND CHECK  
YOUR AIR QUALITY HERE

# Benefits of Using EXHALE

- REDUCES ASTHMA SYMPTOMS
- PREVENTS ASTHMA EMERGENCIES
- AVOID MISSING SCHOOL OR WORK BECAUSE OF ASTHMA
- FEWER VISITS TO THE HOSPITAL
- BUILDS A COMMUNITY AROUND SUPPORTING THOSE WITH ASTHMA



# Thank you for Reading!

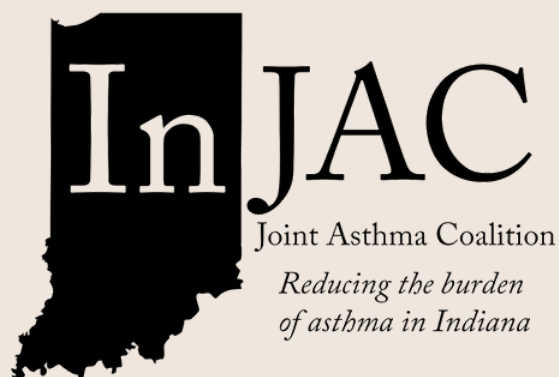
## Resources



[HTTPS://WWW.HEALTHLINE.COM/HEALTH/THIRDHAND-SMOKE#:~:TEXT=YOU%E2%80%99RE%2OLIKELY%2OFAMILIAR%2OWITH%2OSECONDHAND%2OSMOKE%2OEXPOSURE%2OTHAT,YOU%2O TOUCH%2OTHAT%2OHAVE%2ONICOTINE%2ORESIDUE%2OON%2OTH EM.](https://www.healthline.com/health/thirdhand-smoke#:~:text=you%20are%20likely%20familiar%20with%20secondhand%20smoke%20exposure%20that,you%20touch%20that%20have%20nicotine%20residue%20on%20them.)

[HTTPS://WWW.CDC.GOV/NATIONAL-ASTHMA-CONTROL-PROGRAM/PHP/EXHALE/INDEX.HTML](https://www.cdc.gov/national-asthma-control-program/php/exhale/index.html)

[HTTPS://WWW.EPA.GOV/SITES/DEFAULT/FILES/2018-05/DOCUMENTS/ASTHMA\\_HOME\\_ENVIRONMENT\\_CHECKLIST.PDF](https://www.epa.gov/sites/default/files/2018-05/documents/asthma_home_environment_checklist.pdf)



**CLICK HERE TO LEARN MORE ABOUT THE INDIANA JOINT  
ASTHMA COALITION**