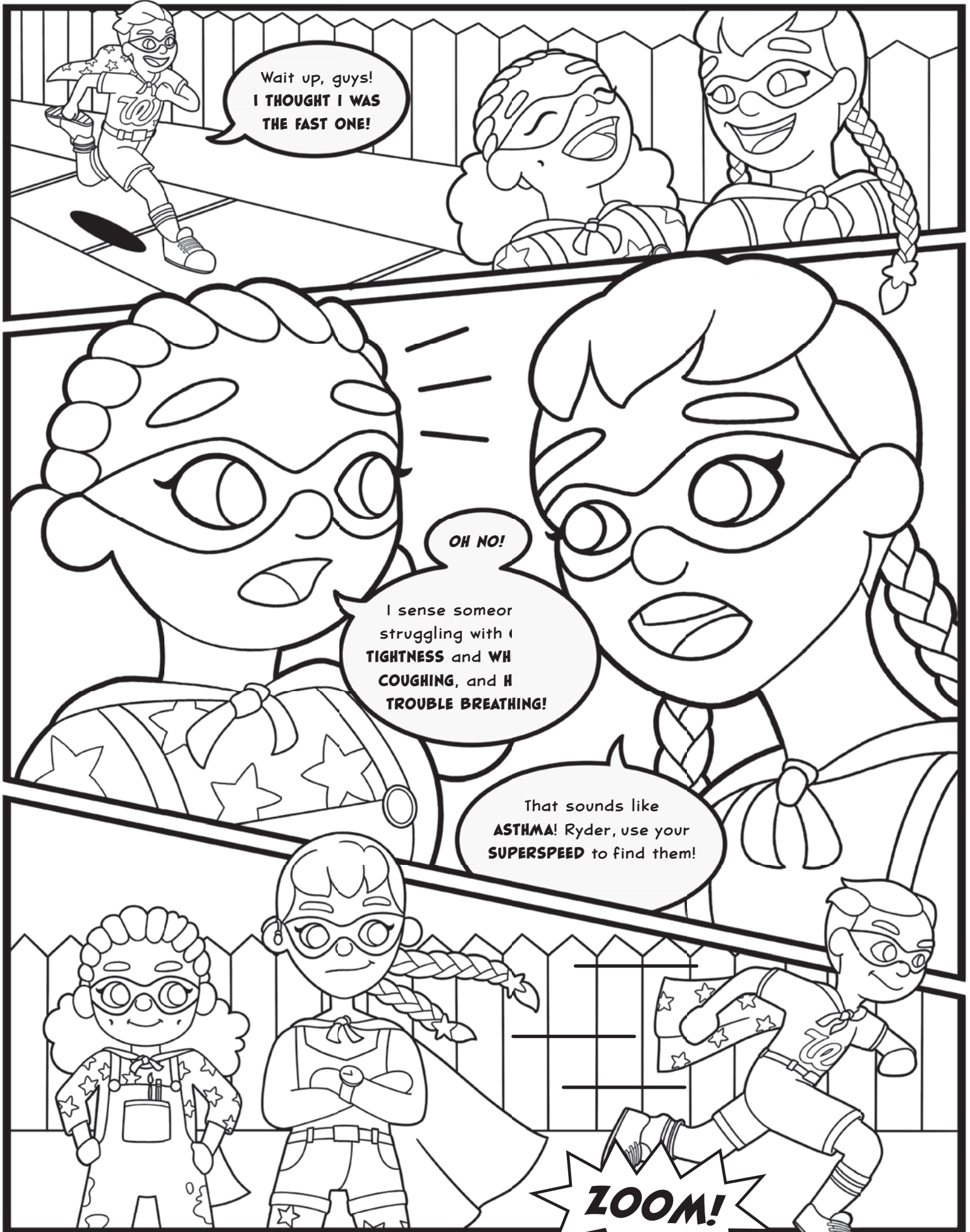


THE INCREDIBLE ADVENTURES OF
THE TRUSTY TRIO
ISSUE #1 - TACKLING ASTHMA



Walgreens



Wait up, guys!
I THOUGHT I WAS
THE FAST ONE!

OH NO!

I sense someone
struggling with
TIGHTNESS and **WH**
COUGHING, and **H**
TROUBLE BREATHING!

That sounds like
ASTHMA! Ryder, use your
SUPERSPEED to find them!

ZOOM!



ASTHMA is a health condition in the lungs that makes it hard to breathe.

SO, WHAT DO WE DO?
 The best way to combat an **ASTHMA ATTACK** is to know what can cause one in the first place. Things called **TRIGGERS** irritate the lungs for people with asthma and causes symptoms to flare up.

CAN YOU FIND THESE TRIGGERS?

- mold
- pollution
- pollen
- flu
- animals
- cold
- dust
- smoke
- exercise

W E X E R C I S E W G W
 C W G M G Q W E M T Y U
 O P D P O L L E N O V B
 L E U R F L T H L D K T
 D N S U A Z D X F H G E
 Z D T P O L L U T I O N
 R A N I M A L S Q P O L
 H F Y P Q F H G F Y B E
 T E U R F L T H L J R T



ASTHMA triggers can be anywhere, but most are pretty simple to deal with.

With proper health and cleaning habits, a lot of at-home triggers are easy to manage.

HELP US GET THROUGH THE MAZE AND CLEAR OUT THESE TRIGGERS:



SMOKE



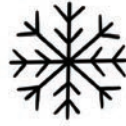
PET DANDER



POLLEN



DUST



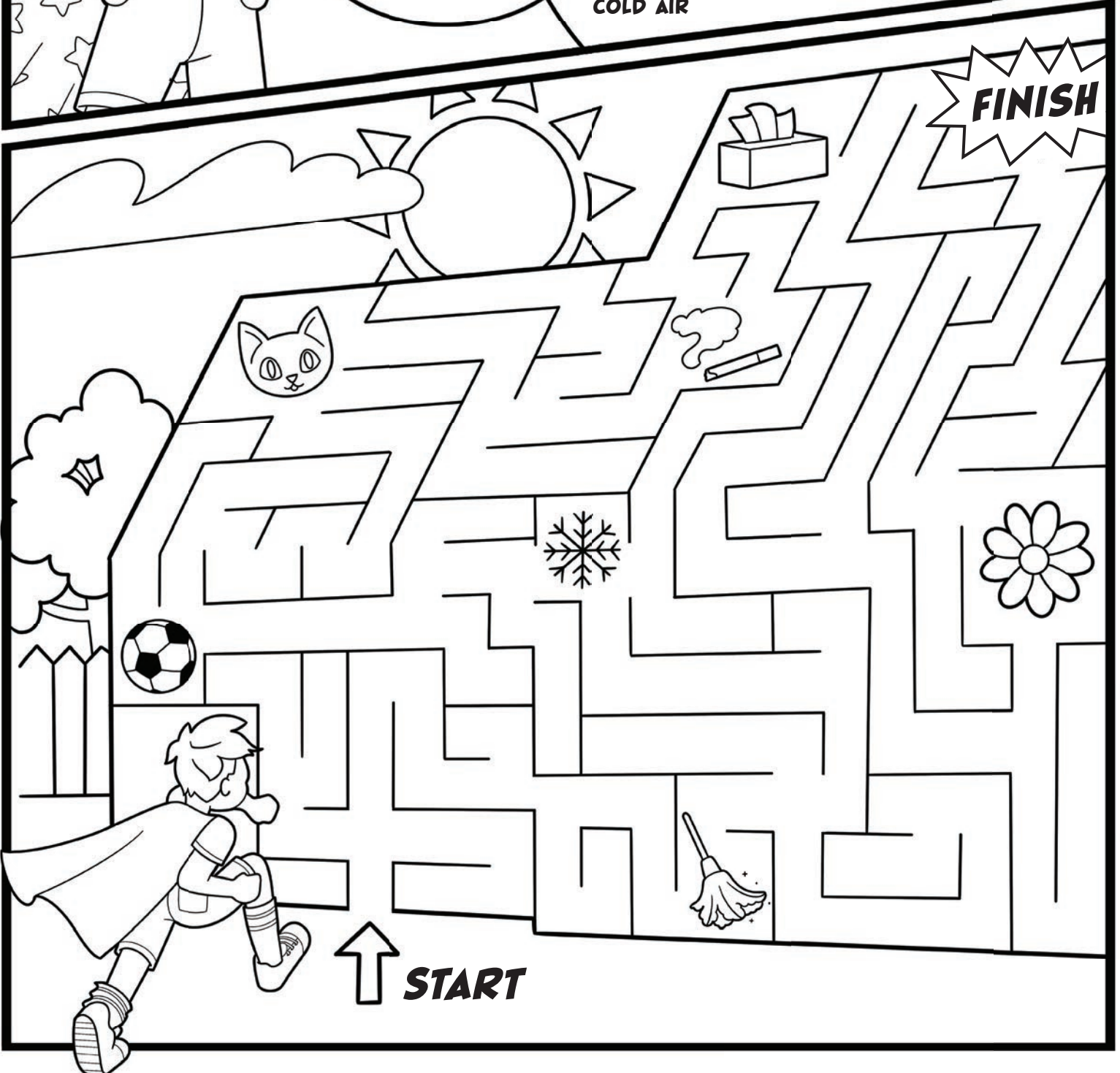
COLD AIR



EXERCISE



FLU

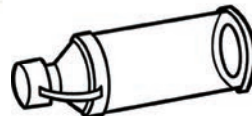


WE MADE IT!

Wow, what a mess...we need to look for the right treatment for our friend.

HOW DO WE TREAT ASTHMA?
A **RESCUE INHALER** is essential for anyone who is prone to asthma attacks. So, it's important to keep on you at all times! Talk to your doctor about other treatment plans you may need.

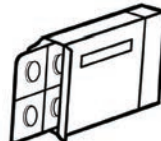
HELP US FIND THESE TOOLS:



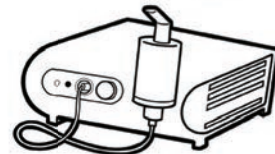
CHAMBER



CONTROL INHALER



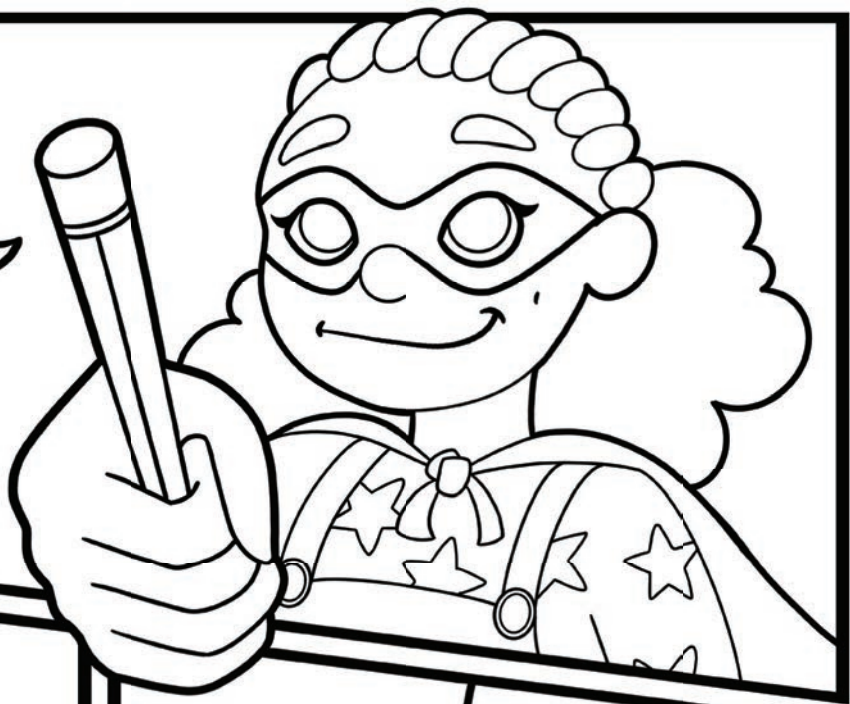
ORAL MEDICATION



NEBULIZER



RESCUE INHALER

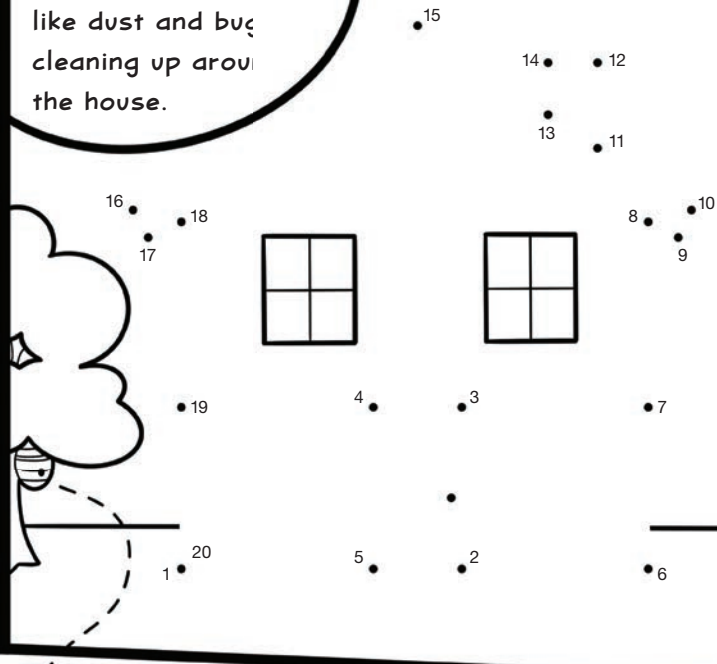


HOW TO AVOID TRIGGERS?
 Even such a big help
 like Benix will teach us
HOW TO AVOID TRIGGERS, but she

needs our help.
 Can you help
CONNECT THE DOTS
TO COMPLETE THE DRAWING?

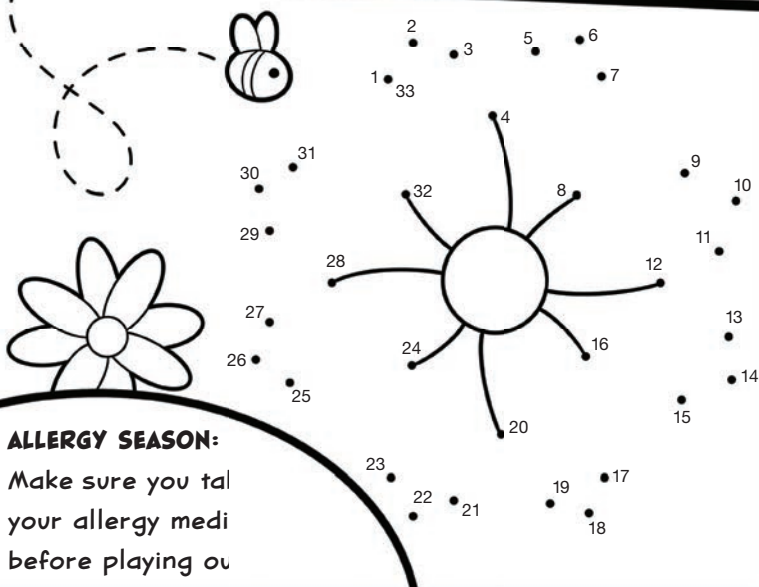
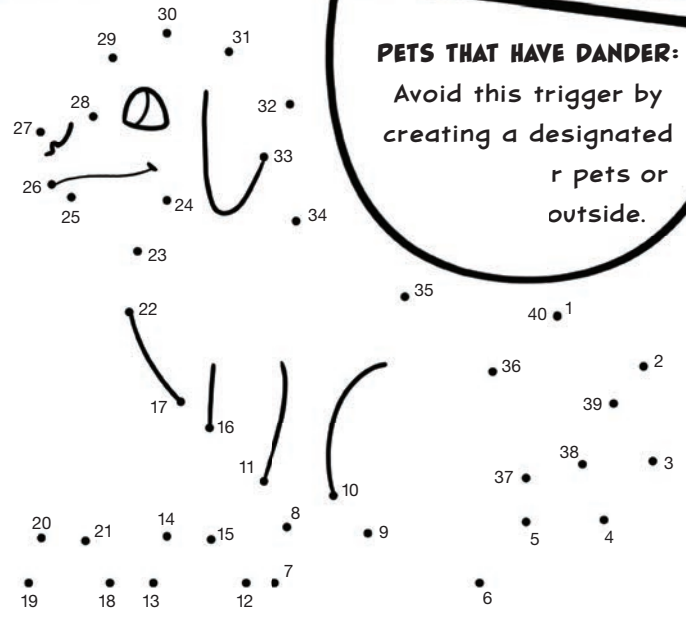
WHEN AT HOME:

Help reduce triggers
 like dust and bugs
 by cleaning up around
 the house.



PETS THAT HAVE DANDER:

Avoid this trigger by
 creating a designated
 area for pets or
 outside.

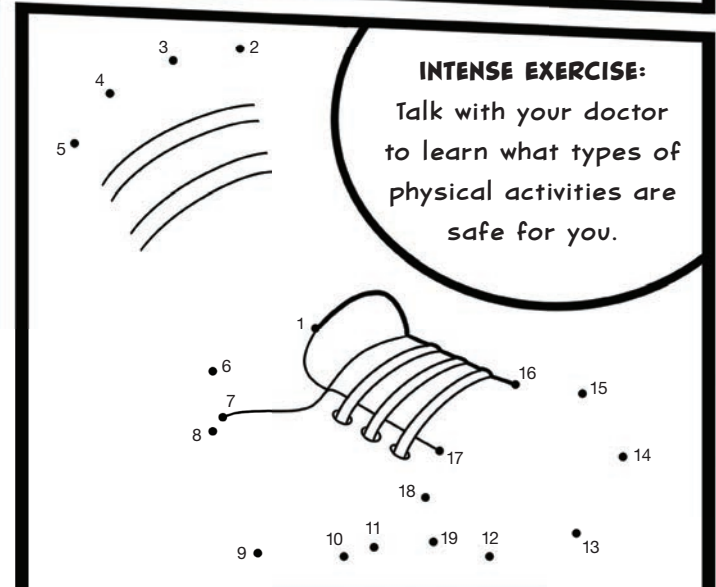


ALLERGY SEASON:

Make sure you take
 your allergy medicine
 before playing outside.

INTENSE EXERCISE:

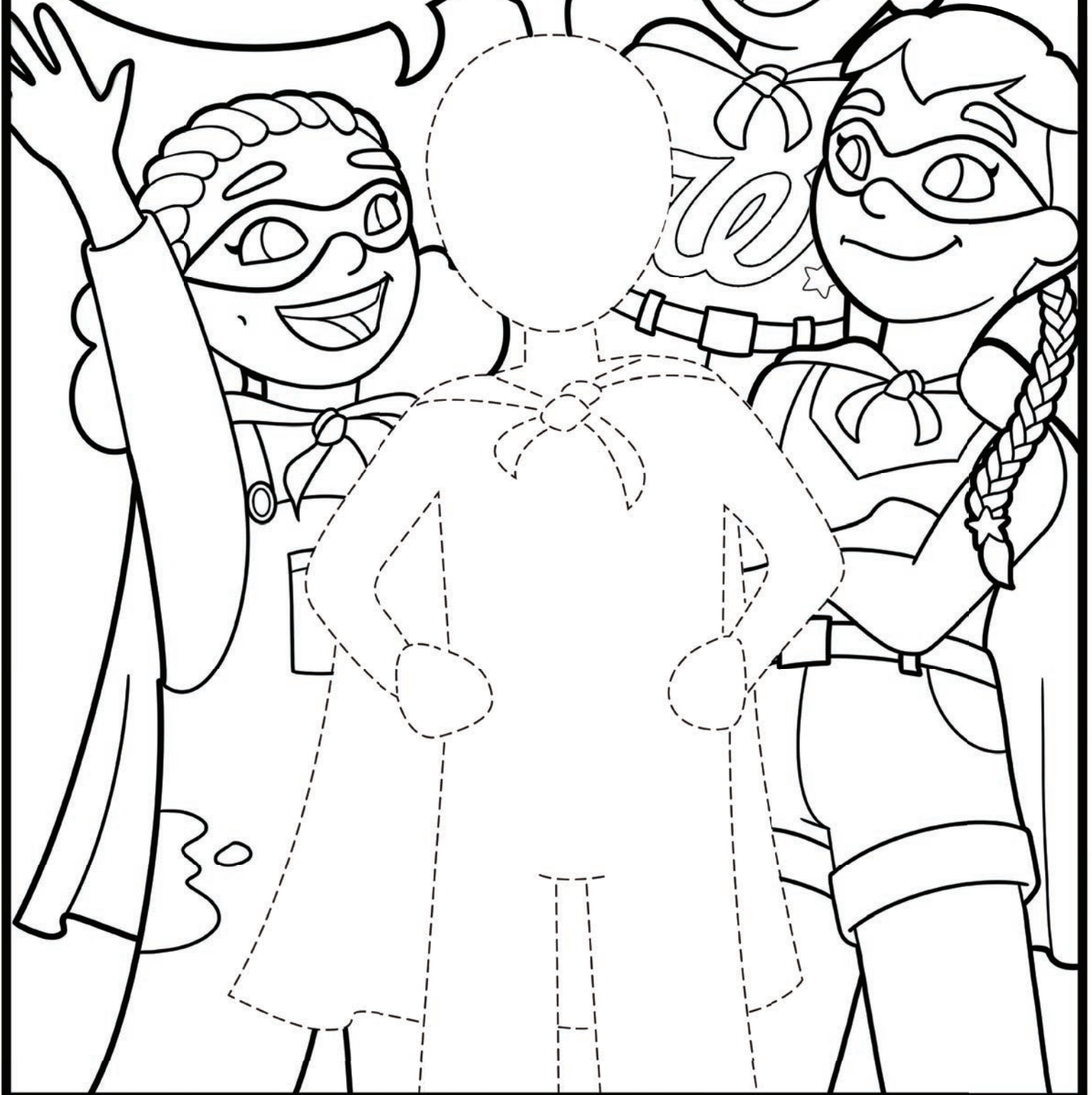
Talk with your doctor
 to learn what types of
 physical activities are
 safe for you.



THE TRUSTY TRIO

thanks you for all your help today
with **TACKLING ASTHMA!** We could really
use someone like you on our team,
but you need to look the part.

**DRAW YOURSELF IN YOUR OWN
SUPERHERO COSTUME!**



ASTHMA FACTS

BROUGHT TO YOU BY WALGREENS

WHAT IS ASTHMA?

Asthma tightens the airways in your lungs, making it harder to breathe and is one of the most common diseases found in children.



WHAT CAUSES AN ASTHMA ATTACK?

Exposure to irritants like the ones illustrated below can trigger an asthma attack. Asthma triggers vary from person to person.



FLU



PET DANDER



POLLEN



DUST



COLD AIR



EXERCISE



SMOKE

TIP #1 - TAKE YOUR INHALER

No matter where you're going, don't forget to take your emergency inhaler with you!

TIP #2 - THE BUDDY SYSTEM

Playing or exercising with a friend is not just more fun, but safer too (in case you need help)!

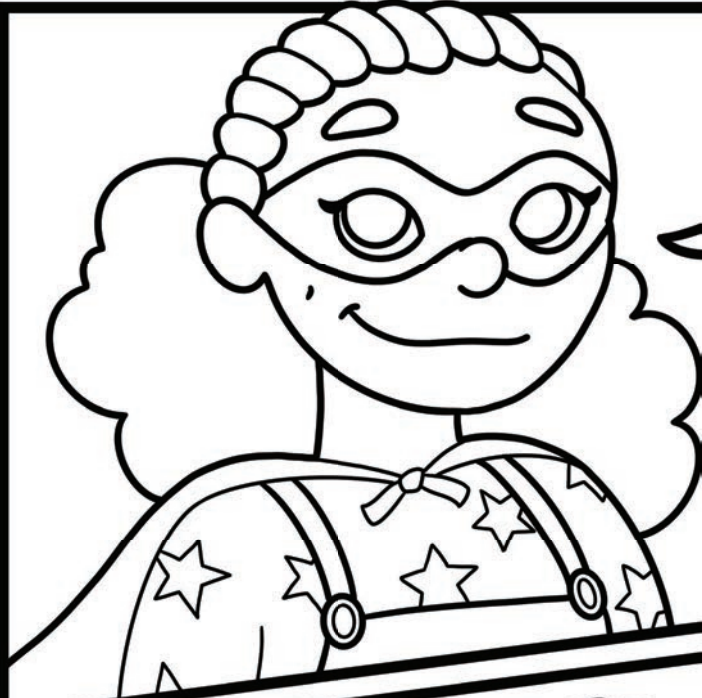
TIP #3 - KNOW YOUR TRIGGERS

Staying away from your triggers is an easy way to avoid asthma attacks.



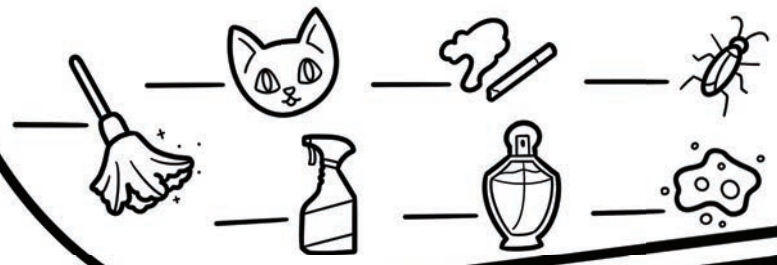
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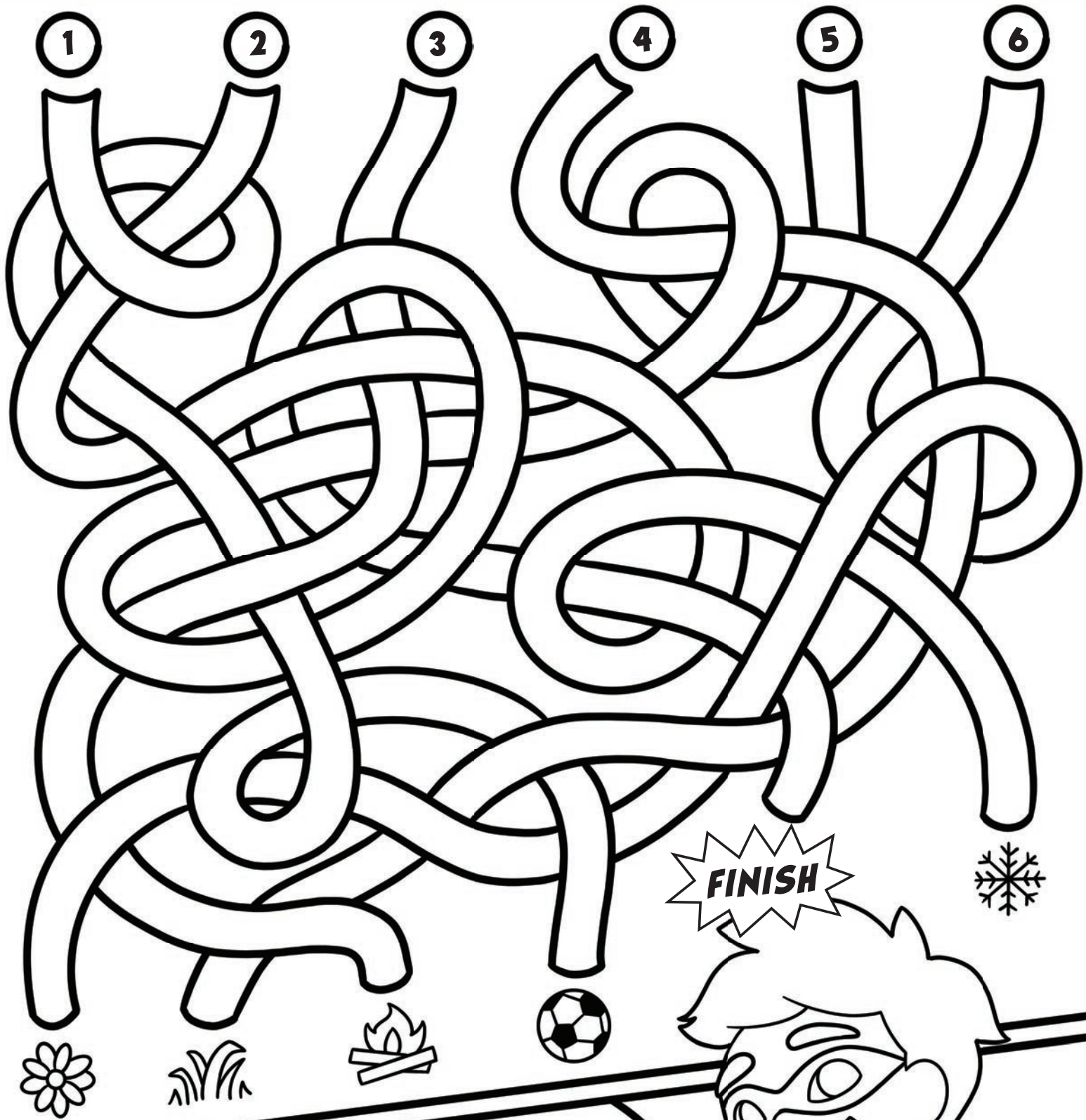
It does not substitute professional medical advice, diagnosis, or treatment.



CAN YOU HELP ME COUNT THE INDOOR ASTHMA TRIGGERS?

I think I lost track while in a doodle day dream...





It's time to slide into my favorite part of the playground!
**CAN YOU HELP ME CHOOSE WHICH SLIDE TO GO
DOWN TO AVOID OUTDOOR ASTHMA TRIGGERS?**



POLLEN



GRASS



BONFIRE



EXERCISE



COLD AIR

FINISH

