

# Asthma Resource List



## **Understanding Asthma**

<http://www.allergyasthmanetwork.org/outreach/publications/special-publications/understanding-asthma/>

## **Asthma Symptoms & Diagnosis**

<http://www.allergyasthmanetwork.org/education/asthma/symptoms-and-diagnosis/>

## **Asthma Action Plan**

<http://www.allergyasthmanetwork.org/education/asthma/treatment-and-medications/what-asthma-action-plan/>

## **Videos: How to Use your Inhaler**

[https://www.youtube.com/playlist?list=PLC39F35D440D0F155&feature=view\\_all](https://www.youtube.com/playlist?list=PLC39F35D440D0F155&feature=view_all)

## **Holding Chambers/Spacers**

<http://www.allergyasthmanetwork.org/education/asthma/management-tools/holding-chambers-spacers/>

## **Respiratory Treatments Poster**

<https://members.allergyasthmanetwork.org/store/ViewProduct.aspx?id=9982674>

## **Asthma Management Tools**

<http://www.allergyasthmanetwork.org/education/asthma/management-tools/>

## **Asthma and Exercise**

<http://www.allergyasthmanetwork.org/education/asthma/asthma-and-exercise/>

## **Asthma Storylines App**

<http://www.allergyasthmanetwork.org/outreach/patient-resources/asthma-storylines/>