



## Take a Breath: Asthma Education *for life without limits*™

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### RESOURCES

**Asthma Inhaler Poster:**

<https://aafa.org/wp-content/uploads/2024/03/asthma-inhalers-handout.pdf>

**Managing Asthma (English):**

[https://asthmaandallergies.org/wp-content/uploads/2019/05/Be-Smart-Google-Doc\\_Managing-Asthma-Fact-Sheet\\_2018-footer-added.pdf](https://asthmaandallergies.org/wp-content/uploads/2019/05/Be-Smart-Google-Doc_Managing-Asthma-Fact-Sheet_2018-footer-added.pdf)

**Managing Asthma (Spanish):**

[https://asthmaandallergies.org/wp-content/uploads/2019/05/Fact-Sheet-MN-Asthma\\_SPAN\\_FINAL.pdf](https://asthmaandallergies.org/wp-content/uploads/2019/05/Fact-Sheet-MN-Asthma_SPAN_FINAL.pdf)

**Asthma Medication:**

[http://asthmaandallergies.org/wp-content/uploads/2024/03/ASTHMA-MEDICATIONS\\_Resource-Updated-2024.pdf](http://asthmaandallergies.org/wp-content/uploads/2024/03/ASTHMA-MEDICATIONS_Resource-Updated-2024.pdf)

**How To Use a Peak Flow Meter (English):**

[https://asthmaandallergies.org/wp-content/uploads/2019/05/Fact-Sheet\\_Peak-FlowMeasure\\_AAP\\_FINAL-1.pdf](https://asthmaandallergies.org/wp-content/uploads/2019/05/Fact-Sheet_Peak-FlowMeasure_AAP_FINAL-1.pdf)

**How to Use a Peak Flow Meter (Spanish)**

[https://asthmaandallergies.org/wp-content/uploads/2019/05/Fact-Sheet\\_Peak-Flow-Meas\\_SPAN\\_AAP\\_FINAL.pdf](https://asthmaandallergies.org/wp-content/uploads/2019/05/Fact-Sheet_Peak-Flow-Meas_SPAN_AAP_FINAL.pdf)

**Asthma and Allergy Foundation of America:** <https://aafa.org/asthma/>

**Asthma and Allergy Foundation of America, New England Chapter:** <https://asthmaandallergies.org/>

**Children's Hospital Boston, Allergy & Asthma Program:**

<https://www.childrenshospital.org/programs/allergy-and-asthma-program/patient-resources>

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### RESOURCES IN NEW HAMPSHIRE

**Family Resource Guide:** <https://www.nhclimatehealth.org/family-resource-guide>

**NH Asthma Control Program:** Paula.M.Holigan@dhhs.nh.gov.

**Resources for Kids and Teens**

[Iggy and the Inhalers Explain Asthma](https://iggyandtheinhalers.com/), <https://iggyandtheinhalers.com/>

[Sesame Street Managing Asthma](https://sesameworkshop.org/topics/asthma/), <https://sesameworkshop.org/topics/asthma/>

[No Attacks Kids Stuff](https://www.noattacks.org/kids-stuff), <https://www.noattacks.org/kids-stuff>

[Know How to Use Your Asthma Inhaler](https://www.cdc.gov/asthma/inhaler_video/default.htm), [https://www.cdc.gov/asthma/inhaler\\_video/default.htm](https://www.cdc.gov/asthma/inhaler_video/default.htm)

[Asthma Podcast for Kids](https://tools.cdc.gov/medialibrary/index.aspx#/media/id/304108), <https://tools.cdc.gov/medialibrary/index.aspx#/media/id/304108>

[School, Life and Asthma for Teens](https://kidshealth.org/en/teens/school-asthma.html), <https://kidshealth.org/en/teens/school-asthma.html>

[Open Airways Asthma Education Program for Children in NH](https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/asthma-open-airways.pdf), pdf.,

<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/asthma-open-airways.pdf>

## **Resources for Medication and Financial Assistance**

Medicare Beneficiaries Savings Program, <https://www.dhhs.nh.gov/programs-services/medicaid/nh-medicaid-medical-assistance-eligibility/medicare-beneficiaries>  
Foundation for Healthy Communities, <https://healthynh.org/>  
Medication Bridge Program, <https://healthynh.org/initiatives/access-to-care/medication-bridge/>  
Videos NH Health Access Network, <https://healthynh.org/initiatives/access-to-care/nh-health-access-network/>  
Needy Meds, <https://www.needymeds.org/>  
Patient Advocate Foundation, <https://www.patientadvocate.org/>  
Drug Assistance Programs, <https://aafa.org/advocacy/advocacy-resources/patient-assistance-medicine-drug-programs/>

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## **FIND AN ASTHMA SPECIALIST IN NEW HAMPSHIRE**

**Berlin, NH:** North Country Healthcare: <https://avnhn.org/department/pulmonary-care/>

**Concord NH/Laconia, NH/ Franklin, NH,** Find a Doctor: <https://www.concordhospital.org/find-a-doctor/>

**Dover NH:** Wentworth-Douglas Hospital: <https://www.wdhospital.org/wdh/services-and-specialties/pulmonary-care>

**Dover and Portsmouth, NH:** Allergy Associates of New Hampshire: <https://www.allergiesnh.com/>

**Hanover NH:** Dartmouth-Hitchcock Medical Center Allergy and Clinical Immunology Program: <https://www.dartmouth-hitchcock.org/allergy>

**Keene, NH:** Cheshire Medical Center: <https://www.cheshiremed.org/pulmonology>

**Manchester, NH:** Dartmouth Hitchcock Clinic: <https://www.dartmouth-hitchcock.org/locations-directions/dh-bedford>

**Nashua, NH:** Southern New Hampshire Health: <https://www.snhhealth.org/our-services/asthma>

**Nashua, NH:** Allergy and Asthma Specialists: <https://allergy-asthma.net/nashua-nh>

**Littleton, NH:** Littleton Regional Healthcare: <https://littletonhealthcare.org/>

**Rochester, NH:** Frisbie Memorial Hospital: <https://frisbiehospital.com/specialties/pulmonary-care>

**Find an asthma/allergy specialist in NH:** <https://allergist.aaaai.org/find/>

