

Cleveland County Asthma Coalition Resources

- Basic Asthma Education classes at Dover Foundation Family YMCA 3rd Thursday most months; call the Asthma Hotline to register; class dates are May 18, June 15, September 21, October 19 and November 16 in 2006
- No Wheeze Asthma Camp at Dover Foundation Family YMCA July 17-21, 2006; ages 8-12; call the YMCA at 704-484-9622 or CCAC Asthma Hotline for information
- Healthy Kids Day/ Asthma Expo held annually in spring
- Cleveland County Asthma Hotline available 24 hours, 7 days a week by calling 704-484-5195
- Cleveland County Asthma Coalition monthly meetings in the 2nd floor conference room at the Cleveland County Health Department

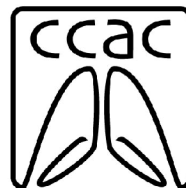
Cleveland County Asthma Coalition

The Cleveland County Asthma Coalition was founded in the spring of 2002 through a grant from the North Carolina Department of Human Services, Division of Public Health, to the Cleveland County Health Department. The Coalition is composed of individuals representing multiple organizations and the community at large. Meetings are held on the fourth Wednesday of each month from 12 noon to 1:00 p.m. at the Cleveland County Health Department. Membership is open to any individuals interested in asthma or affected by asthma. There is no membership charge.

For more information,
contact 704-484-5195.

The Air Quality Flag Program is co-sponsored by the Alliance for Health in Cleveland County, Inc. and the Cleveland County Family YMCA.

Cleveland County Asthma Coalition
315 East Grover Street
Shelby, North Carolina 28150
Telephone: 704-484-5195
FAX: 704-484-5114



Air Quality Flag Program



Cleveland County
Asthma Coalition



**Improving Health
One Breath at a Time!**

What is Asthma?

Asthma is a chronic inflammatory disease that reduces or blocks normal air flow in the lungs. There is no cure for asthma but it can be managed through education and proper medication. Asthma can be fatal and can occur at any time in life. It is not contagious but can run in families.

ASTHMA TRIGGERS

Asthma is generally triggered by allergens or irritants such as smoking, dust, pet dander, exercise, pollen, perfume, AIR POLLUTION, respiratory infections, anxiety and cold weather.

QUE ES EL ASMA?

Asma es una enfermedad crónica inflamatoria que reduce o bloquea el flujo normal del aire hacia los pulmones. No hay cura para el asma pero puede ser controlada a través de educación y medicina apropiada. El asma puede ser fatal y puede ocurrir en cualquier momento de la vida, no es contagiosa, pero puede ser hereditaria.

CAUSAS DEL ASMA

Asma es generalmente causada por sustancias alergicas o irritantes, tales como fumar, polvo, caspa de mascotas, ejercicio, polen, perfume, AIRE CONTAMINADO, infecciones respiratorias, ansiedad y temperatura fría.

Air Quality Flag Program

The Air Quality Flag Program uses multi-colored flags to indicate the outdoor air quality. The flags come in four colors based on the Air Quality Index (AQI) from the North Carolina Division of Air Quality. Each day a flag is raised that corresponds to the color of the AQI for Cleveland County. The color of the flag indicates the level of outdoor activity for that day.

Flags may be found at schools, YMCA facilities, the Cleveland County Health Department, parks, child care facilities and other businesses in our community.

THE MEANING OF EACH COLOR

GREEN: The air quality is “good” and considered healthy for everyone. Outdoor activities are permitted for all students.

YELLOW: The air outside is “moderate” and is unhealthy for extremely sensitive children and adults (people with respiratory diseases such as asthma or heart disease are considered sensitive). Severe asthmatics and those people with respiratory or heart disease should limit outdoor exposure and avoid prolonged exertion, such as running.

ORANGE: The air outside is “unhealthy for sensitive people”. Sensitive individuals should limit prolonged exertion and alternative indoor activities should be made available.

RED: The air outside is “unhealthy” for everyone. On red days, sensitive individuals should avoid outdoor activities and alternative indoor activities should be made available for all students.

PROGRAMA DE BANDERAS AMIGABLES SOBRE EL ASMA

El programa para el asma de banderas amigables es un sistema de banderas multicolores que diariamente actúa como un indicador de la calidad del aire. El sistema incluye cuatro colores y está basado en el índice de calidad del Aire (AQI) (siglas en inglés) de la división de Carolina del Norte que controla la calidad del aire.

Los postes de la bandera estarán localizados en las escuelas, YMCAs, departamentos de salud, parques y cualquier otro negocio en la comunidad.

QUE SIGNIFICAN LOS COLORES DE LAS BANDERAS?

VERDE: El aire de afuera es “bueno” y es considerado saludable para todos. Las actividades afuera son permitidas para todos.

AMARILLO: El aire de afuera es “moderado” y no es saludable para los niños y adultos que son extremadamente sensibles (personas con problemas respiratorios, tales como asma, o problemas del Corazón se consideran sensibles).

ANARANJADO: El aire de afuera “no es saludable para grupos sensibles.” En los días de color naranjas, individuos sensibles deben limitar ejercicios prolongados afuera.

ROJO: El aire de afuera “no es saludable” para todos. Los días “rojos” individuos sensibles deben evitar actividades afuera.