

RESOURCES

General Asthma Information

- **The Pediatric/Adult Asthma Coalition of New Jersey**
“Your Pathway to Asthma Control”
www.pacnj.org Phone: 866-722-6588
- **American Lung Association of New Jersey**
www.alanewjersey.org Phone: 800-586-4872
Call for information on “Open Airways” a program for students with asthma
- **Allergy & Asthma Network Mothers of Asthmatics**
www.aanma.org Phone: 800-878-4403

Managing Environmental Triggers

- **United States Environmental Protection Agency Indoor Air Quality**
www.epa.gov/iaq Phone: 800-438-4318
Download the *IAQ Tools for Schools Action Kit* from EPA’s Website
- **New Jersey Department of Environmental Protection**
Daily Air Quality Ratings www.state.nj.us/dep/airmon Phone: 800-782-0160
Listen for television and radio ozone alerts and on Ozone Action Days, limit physical activity outdoors
- **Integrated Pest Management in Schools Website**
www.ifas.ufl.edu/~schoolipm
Find out more about the Integrated Pest Management program to reduce exposure to pest allergens in schools

References

- ***Managing Asthma: A Guide for Schools*** from the National Asthma Education Program; 4733 Bethesda Avenue, Suite 530, Bethesda, Maryland 20814; (301) 951-3260
http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.htm
- ***Asthma and Physical Activity in the School: Making a Difference***; National Heart, Lung, and Blood Institute; National Institutes of Health; contact the NHLBI Information Center, P.O. Box 30105, Bethesda, MD 20824-0105 or
www.nhlbi.nih.gov/health/public/lung/asthma
- ***Managing Asthma Triggers Training Manual, Keeping Students Healthy: Air Quality Issues*** by the National Association of School Nurses, written by Dorothy Reilly, MSN, BSN, CSN and funded through a grant from the U.S.E.P.A.