

## Asthma and COPD

Resources are listed from basic to most complex content	Length	How to Access
<p><b>Asthma Basics</b></p> <p>A free one-hour interactive online learning module designed to help people learn more about asthma. Available in English and Spanish.</p>	One hour online	<a href="https://bit.ly/3wUYBj2">https://bit.ly/3wUYBj2</a>
<p><b>Asthma 101</b></p> <p>This free booklet describes how asthma impacts the lungs, signs and symptoms, medication and environmental treatment, and self-management strategies. An asthma action plan and medication delivery device instruction sheets are also included. Available in English and Spanish.</p>	47-page booklet	<a href="https://bit.ly/2jG2oLQ">https://bit.ly/2jG2oLQ</a>
<p><b>How to Use a Peak Flow Meter</b></p> <p>This video provides instructions on how to use a peak flow meter. Peak flow monitoring is recommended for patients with a history of severe exacerbations, moderate to severe persistent asthma, or difficulty perceiving symptoms.</p>	40-second video	<a href="https://bit.ly/2QhLZBE">https://bit.ly/2QhLZBE</a>
<p><b>Medication Delivery Device Instructions</b></p> <p>These short videos provide instructions for the various respiratory medication delivery devices. Available in English and Spanish.</p>	2-minute videos	<a href="https://bit.ly/2jdpL0w">https://bit.ly/2jdpL0w</a>
<p><b>Medication Delivery Device Training</b></p> <p>An in-depth training on how to use, instruct, and clean the different medication delivery devices. This training is ideal for all clinic staff.</p>	60-minute in-person training	Contact your local American Lung Association at <a href="http://Lung.org">Lung.org</a> or 1-800-LUNGUSA
<p><b>How to Create an Asthma Action Plan</b></p> <p>Step-by-step instructions on how to create an asthma action plan. Available in English and Spanish.</p>	Online instructions and PDF	<a href="https://bit.ly/1oU7wg1">https://bit.ly/1oU7wg1</a>
<p><b>How to Create a COPD Management Tool/Action Plan</b></p> <p>Step-by-step instructions on how to create a COPD management plan. Available in English and Spanish.</p>	Online instructions and PDF	<a href="https://bit.ly/1HXsCmA">https://bit.ly/1HXsCmA</a>
<p><b>Pursed Lip Breathing</b></p> <p>A brief video on how and why to use pursed lip breathing to relax your airways and resume a normal breath.</p>	2-minute video	<a href="https://bit.ly/2rDMzxi">https://bit.ly/2rDMzxi</a>
<p><b>Belly Breathing</b></p> <p>A brief video on how and why to use diaphragmatic breathing to catch your breath.</p>	2-minute video	<a href="https://bit.ly/32dBAty">https://bit.ly/32dBAty</a>
<p><b>Understanding Your Medications</b></p> <p>There are a variety of medicines available to treat asthma, but there is no “best” medicine for all people. Learn more here.</p>	Online instructions	<a href="https://bit.ly/2Czp3Ut">https://bit.ly/2Czp3Ut</a>

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<p><b>How to Use a Nebulizer</b> A brief video to learn how to use your nebulizer.</p>	2-minute video	<a href="https://bit.ly/32G88Kj">https://bit.ly/32G88Kj</a>
<p><b>How to Clean a Nebulizer</b> A brief video to learn how to clean your nebulizer.</p>	2-minute video	<a href="https://bit.ly/2O3OmmM">https://bit.ly/2O3OmmM</a>
<p><b>Exploring the New Asthma Guidelines: A 360 Perspective, for Asthma Health Professionals</b></p>	90 minutes	<a href="https://bit.ly/3otYNli">https://bit.ly/3otYNli</a>
<p><b>Lungcast</b> Asthma guidelines featured in the January 6, 2021 episode.</p>		<a href="https://bit.ly/3ynYIK3">https://bit.ly/3ynYIK3</a>
<p><b>Controlling Childhood Asthma and Reducing Emergencies Initiative</b></p>		<a href="https://bit.ly/3ys3wc6">https://bit.ly/3ys3wc6</a>
<p><b>Asthma Trigger House</b> A virtual walk through a house to identify and learn about asthma triggers.</p>	Virtual self-paced module	<a href="https://bit.ly/3yrBeOD">https://bit.ly/3yrBeOD</a>
<p><b>LUNG FORCE Expo</b> A program designed for patients, caregivers, and healthcare providers to learn more about the latest trends, resources, and research surrounding lung cancer, COPD, and asthma.</p>	1-day conference Registration fee	<a href="https://bit.ly/32dHtW">https://bit.ly/32dHtW</a>
<p><b>Asthma Educator Institute</b> Take this professional development course to provide asthma guidelines-based care to patients and their families and get the knowledge you need to sit for the National Asthma Educator Certificate exam.</p>	2-day course Registration fee	<a href="https://bit.ly/3dfuxGO">https://bit.ly/3dfuxGO</a>
<p><b>COPD Educator Course</b> Take this professional development course to provide COPD guidelines-based care to patients.</p>	1.5-day course Registration fee	<a href="https://bit.ly/3e27MW6">https://bit.ly/3e27MW6</a>
<p><b>Clinical Quality Improvements in the Treatment of Children's Asthma</b> A description of the Lung Association's work with clinics to implement best practices in improving outcomes for their asthma patients.</p>	6-minute video	<a href="https://bit.ly/2Cp9yg4">https://bit.ly/2Cp9yg4</a>
<p><b>Best Practices in Virtual Asthma Management webinar</b> In this webinar, Dr. Gail Brottman reviews evidence to support the impact of virtual asthma management, a step-by-step protocol to guide providers in their virtual asthma visits, and shared experiences of how to incorporate asthma control tests, written asthma action plans, patient education, interpreters, and more.</p>	60-minute webinar	<a href="https://bit.ly/3ejvCOu">https://bit.ly/3ejvCOu</a>

## Interstitial Lung Disease (ILD)

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<b>Interstitial Lung Disease (ILD)</b> Learn what ILD is.		<a href="https://bit.ly/3soWelb">https://bit.ly/3soWelb</a>

## Tuberculosis and Other Lung Infections

Resources are listed from basic to most complex content	Length	How to Access
<b>Living with Tuberculosis</b> Learn what TB is.		<a href="https://bit.ly/2CBBNtx">https://bit.ly/2CBBNtx</a>
<b>Sarcoidosis</b> Learn what sarcoidosis is.		<a href="https://bit.ly/2QnP0Ax">https://bit.ly/2QnP0Ax</a>
<b>Living with Sarcoidosis</b> Learn what it's like to live with sarcoidosis.		<a href="https://bit.ly/3x3FQdk">https://bit.ly/3x3FQdk</a>
<b>Nontuberculosis Mycobacteria (NTM)</b> Learn what NTM is.		<a href="https://bit.ly/3wS65mF">https://bit.ly/3wS65mF</a>
<b>What is Idiopathic Pulmonary Fibrosis (IPF)?</b> Learn what IPF is.		<a href="https://bit.ly/3ddYqr6">https://bit.ly/3ddYqr6</a>
<b>Living with Idiopathic Pulmonary Fibrosis (IPF)</b> Expert answers to some common questions from patients about living with IPF.		<a href="https://bit.ly/3sdfh1v">https://bit.ly/3sdfh1v</a>

## Tobacco/E-Cigarettes/Vaping for healthcare professionals

Resources are listed from basic to most complex content	Length	How to Access
<b>Resource Hub for Tobacco Cessation</b> This website includes a resource library, on-demand webcasts, podcasts, toolkits, listervs and more.	Online resources	<a href="https://bit.ly/cessationTA">https://bit.ly/cessationTA</a>
<b>The Health Effects of Smoking with Asthma</b> This site includes resources, programs and support links.	Online resources	<a href="https://bit.ly/2CEPxNA">https://bit.ly/2CEPxNA</a>
<b>Vaping? It's All Smoke and Mirrors</b> <i>Each Breath</i> blog.	Blog post	<a href="https://bit.ly/2CyVK4p">https://bit.ly/2CyVK4p</a>
<b>Talk About Vaping</b> Includes information for parents on talking with their tweens about vaping. Includes a personalized conversation guide.	<i>Get Your Head Out of the Cloud</i> Campaign: Parent Conversation Guide	<a href="http://www.talkaboutvaping.org">www.talkaboutvaping.org</a>
<b>Impact of E-cigarettes on the Lungs</b> Includes sharable links and resources on e-cigarettes.	Online resources	<a href="https://bit.ly/3gf3Wf0">https://bit.ly/3gf3Wf0</a>

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<p><b>Tobacco Basics</b></p> <p>Free online learning module that addresses all types of tobacco products, including e-cigarettes and vaping devices; the effects of tobacco use on the human body and brain; nicotine dependence and why quitting is so challenging; proven policies that protect public health from the toll of tobacco, and the programs available to help all tobacco users successfully quit for good.</p>	1-hour online course	<a href="https://bit.ly/3vBw1S4">https://bit.ly/3vBw1S4</a>
<p><b>Cessation Navigator Training</b></p> <p>Learn how to talk to someone about tobacco use in a way that can make a real difference. This one-hour free training prepares Cessation Navigators to help navigate community members and residents to evidence-based and proven effective cessation strategies to support their quit attempts.</p>	1-hour webcast training	<a href="https://bit.ly/3nYhNIJ">https://bit.ly/3nYhNIJ</a> (English) <a href="https://bit.ly/2RkAnOO">https://bit.ly/2RkAnOO</a> (Spanish)
<p><b>Resources on Lung.org</b></p> <p>Want to end the tobacco epidemic or help someone break free from the dependency on tobacco product use including e-cigarettes and vaping devices? Check out the proven tools, tips and support available through our website.</p>		<a href="http://www.Lung.org">www.Lung.org</a>
<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li><b>Smoking Facts</b></li> <li><b>E-Cigarettes &amp; Vaping</b></li> <li><b>Help Someone Quit</b></li> <li><b>Help Teens Quit</b></li> <li><b>End Youth Vaping</b></li> <li><b>Talk About Vaping Parent Conversation Guide</b></li> <li><b>Want to Quit</b></li> <li><b>Join Freedom From Smoking</b></li> <li><b>Tobacco Trends Brief</b></li> </ul>		<a href="https://bit.ly/3fyxfHo">https://bit.ly/3fyxfHo</a> <a href="https://bit.ly/3hCKM3r">https://bit.ly/3hCKM3r</a> <a href="https://bit.ly/2Rwy3EH">https://bit.ly/2Rwy3EH</a> <a href="https://bit.ly/3bGmAtk">https://bit.ly/3bGmAtk</a> <a href="https://bit.ly/3tYUwHF">https://bit.ly/3tYUwHF</a> <a href="https://bit.ly/3v1pOzhI">https://bit.ly/3v1pOzhI</a> <a href="https://bit.ly/3ynYgWM">https://bit.ly/3ynYgWM</a> <a href="https://bit.ly/3hCak0A">https://bit.ly/3hCak0A</a> <a href="https://bit.ly/3u2Q3nk">https://bit.ly/3u2Q3nk</a>
<p><b>How Smoking Impacts Your Lung Health</b></p> <p>See how smoking wreaks havoc on lung health by comparing the lungs of a healthy nonsmoker versus those of a smoker. This video shows the damage smoking causes to healthy lungs—and explains how much of it can be reversed by quitting smoking.</p>	7-minute video	<a href="http://bit.ly/LungDemo">http://bit.ly/LungDemo</a>
<p><b>Quit Smoking Help</b></p> <p>Want to help someone quit smoking? Share these short video clips that explain How to Create a Quit Smoking Plan, Three-Link Chain of Nicotine Addiction, Why It's Hard to Quit Smoking, 5 Ways to Resist the Urge to Smoke, Quit Smoking Medications, Quitting Smoking: Learn to Say “No” and the Health Benefits of Quitting Smoking.</p>	1-2 minute Videos	<a href="https://bit.ly/ALASQuit">https://bit.ly/ALASQuit</a>
<p><b>Tobacco Basics</b></p> <p>Free online learning module that addresses all types of tobacco products, including e-cigarettes and vaping devices; the effects of tobacco use on the human body and brain; nicotine dependence and why quitting is so challenging; proven policies that protect public health from the toll of tobacco, and the programs available to help all tobacco users successfully quit for good.</p>	1-hour online course	<a href="https://bit.ly/3vBw1S4org">https://bit.ly/3vBw1S4org</a>

## Tobacco/E-Cigarettes/Vaping for healthcare professionals

Resources are listed from basic to most complex content	Length	How to Access
<p><b>Ask, Advise, Refer to Quit, Don't Switch</b></p> <p>This free training based on the CDC's Ask-Advise-Refer model, utilizes updated tools and strategies for conducting an effective brief tobacco intervention with patients identified as tobacco users, including e-cigarettes. This course is for healthcare professionals who may have direct patient contact and may initiate a brief tobacco intervention.</p>	1-hour online course	<a href="https://bit.ly/2Rqm5fq">https://bit.ly/2Rqm5fq</a>
<p><b>Tobacco Cessation and Health Systems Change Integration</b></p> <p>This website includes a resource library to further tobacco cessation and health systems change efforts. In addition to toolkits this site includes on-demand webcasts, podcasts, professional listservs and more.</p>	Online resources	<a href="https://bit.ly/cessationTA">https://bit.ly/cessationTA</a>
<p><b>INDEPTH®</b> (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) This free certification course prepares facilitators to conduct the program for middle or high school students who face suspension for violation of school tobacco, vaping, or nicotine use policies.</p>	1-hour online course	<a href="https://bit.ly/2Rqm5fq">https://bit.ly/2Rqm5fq</a>
<p><b>N-O-T®</b> (Not On Tobacco) <b>Youth Cessation Facilitator Training</b></p> <p>This behavior modification certificate training course prepares facilitators to conduct American Lung Association's Not On Tobacco youth cessation program (online or in person), inclusive in addressing all tobacco products, including e-cigarettes and vaping devices. This course also includes certification for our intervention program INDEPTH.</p>	6-hour online course Registration fee	<a href="https://bit.ly/3eg8tML">https://bit.ly/3eg8tML</a>
<p><b>Freedom From Smoking® Facilitator Training</b></p> <p>This certificate training course prepares facilitators to conduct American Lung Association's gold standard Freedom From Smoking adult group cessation program (online or in person) using techniques based on pharmacological and psychological principles and methods designed to help tobacco users gain control over their tobacco dependency and lead tobacco-free lifestyles.</p>	8-hour course Registration fee	<a href="https://bit.ly/33i4GIJ">https://bit.ly/33i4GIJ</a>

## Spirometry

Resources are listed from basic to most complex content	Length	How to Access
<p><b>Spirometry During and After COVID 19 webinar</b></p>	60-minute webinar	<a href="https://bit.ly/3h1FBdg">https://bit.ly/3h1FBdg</a>
<p><b>How to Conduct a Spirometry Maneuver</b></p> <p>This short patient-based video reinforces what spirometry is and how to perform a test.</p>	2-minute video	<a href="https://bit.ly/2jPVdmO">https://bit.ly/2jPVdmO</a>
<p><b>Coaching a Spirometry Test</b></p> <p>This video walks through how to coach a quality test.</p>	2-minute video	<a href="https://bit.ly/2CnOGFV">https://bit.ly/2CnOGFV</a>
<p><b>Implementation and Interpretation of Spirometry in the Primary Care Practice</b></p>	Full-day courses Registration fee	<a href="https://bit.ly/2jfXRCs">https://bit.ly/2jfXRCs</a>

## Spirometry

Resources are listed from basic to most complex content	Length	How to Access
<p><b>Crash Course in Spirometry</b> This free, archived webinar provides the basics on what spirometry is, how it is conducted, and how to interpret the results for the management of lung disease.</p>	35-minute online webinar	<a href="https://bit.ly/2kfOWNI">https://bit.ly/2kfOWNI</a>
<p><b>Spirometry Implementation Refresher Course</b> A hands-on refresher on how to use equipment and coach a quality spirometry test.</p>	90 minutes	Contact your local American Lung Association at Lung.org or 1-800-LUNGUSA
<p><b>Spirometry Quick Reference Guide</b> This step-by-step algorithm simplifies spirometry interpretation.</p>	Two-page reference sheet	<a href="https://bit.ly/3tim9fx">https://bit.ly/3tim9fx</a>
<p><b>Spirometry Skill Competency Checklist</b> A great tool to assess the skills of your clinic staff.</p>	One-page checklist	<a href="https://bit.ly/2OJUHYS">https://bit.ly/2OJUHYS</a>

## Lung Cancer

Resources are listed from basic to most complex content	Length	How to Access
<p><b>LUNG FORCE Expo</b> A program designed for patients, caregivers, and healthcare providers to learn more about the latest trends, resources, and research surrounding lung cancer, COPD, and asthma.</p>	1-day conference Registration fee	<a href="https://bit.ly/2raLI6W">https://bit.ly/2raLI6W</a>
<p><b>Lung Cancer</b> Learn what you need to know about lung cancer, what to do after a diagnosis, and what to do when a loved one is diagnosed.</p>		<a href="https://bit.ly/3wYcQ6w">https://bit.ly/3wYcQ6w</a>
<p><b>Supportive Palliative Care for Lung Cancer</b> Learn key points about palliative care for lung cancer.</p>		<a href="https://bit.ly/2KdPF1k">https://bit.ly/2KdPF1k</a>
<p><b>State of Lung Cancer</b> American Lung Association's report shows how the toll of lung cancer varies by state. Examining lung cancer incidence, survival, stage of diagnosis, along with surgical treatment and access to lung cancer screening facilities, this report finds states must do more to protect their residents from lung cancer.</p>	Online report	<a href="https://bit.ly/33JktyL">https://bit.ly/33JktyL</a>

## Pulmonary Rehabilitation

Resources are listed from basic to most complex content	Length	How to Access
<b>Basics of Pulmonary Rehabilitation</b> These programs are designed to improve lung function, reduce symptom severity, and improve quality of life.		<a href="https://bit.ly/2O44OUd">https://bit.ly/2O44OUd</a>
<b>Advance Health Care Directive</b> A sample of an advance health care directive.	Available in PDF	<a href="https://bit.ly/3ek5CCw">https://bit.ly/3ek5CCw</a>
<b>Get Health Education Materials</b> Geared toward a healthcare professional, employer, or head of a community organization, find helpful health education materials.		<a href="https://bit.ly/2pd6JgN">https://bit.ly/2pd6JgN</a>

## Oxygen Therapy

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<b>Oxygen Therapy</b> Learn about conditions and treatments around oxygen therapy.		<a href="https://bit.ly/33LDqAU">https://bit.ly/33LDqAU</a>
<b>Getting Started with Oxygen</b> An interactive tool to learn about using oxygen.		<a href="https://bit.ly/2CFmbW5">https://bit.ly/2CFmbW5</a>
<b>Things to Know When Using Oxygen</b> This video will help you get started with oxygen therapy and adjust to life on oxygen.	3-minute video	<a href="https://bit.ly/32BGnTe">https://bit.ly/32BGnTe</a>

## Air Quality

Resources are listed from basic to most complex content	Length	How to Access
<b>Removing Asthma Triggers</b> This video series shows how to remove asthma triggers in the home.	13 videos each 20-60 seconds long	<a href="https://bit.ly/2IVPI62">https://bit.ly/2IVPI62</a>
<b>Indoor Air Quality—How to Conduct a Home Assessment</b> This free, online training is designed for public health nurses, certified asthma educators, and others interested in learning more about reducing asthma triggers in the home.	40-minute online module	<a href="https://bit.ly/3uQvXOe">https://bit.ly/3uQvXOe</a>
<b>Particle Pollution</b> A brief description and video on how particles pollution can impact lung health.	Brief description 16-second video	<a href="https://bit.ly/2j25Nmp">https://bit.ly/2j25Nmp</a>
<b>Indoor Air Pollutants and Health</b> Find out what makes indoor air unhealthy and how pollution can hurt your body.		<a href="https://bit.ly/2CP7BLT">https://bit.ly/2CP7BLT</a>
<b>Radon Basics Course</b> A free one-hour interactive online learning program designed to help people understand more about radon, a radioactive gas commonly found indoors at dangerous levels.	1-hour module	<a href="https://bit.ly/2PPLzm2">https://bit.ly/2PPLzm2</a>

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<b>Asthma Home-Based Services Toolkit</b> This toolkit provides resources and educational tools to support healthcare professionals providing asthma home-based services.		<a href="https://bit.ly/2O1zntC">https://bit.ly/2O1zntC</a>
<b>20 Ways to Manage the Indoor Air Quality in Your Home</b> A list of things you can do to improve the air quality in your home.	Available in PDF	<a href="https://bit.ly/3dqCyc0">https://bit.ly/3dqCyc0</a>
<b>Healthy Housing</b> General resources by the National Center for Healthy Housing for keeping a home healthy.		<a href="https://nchh.org/">https://nchh.org/</a>
<b>Indoor Air Quality Training</b> This full-day training links indoor air quality and asthma triggers to how it impacts our lung health. Topics covered include: allergens, irritants, mold particulate matter, and combustion bi-products.	Full-day training	Contact <a href="mailto:Jill.Heins@Lung.org">Jill.Heins@Lung.org</a>

## Clinical Trials

Resources are listed from basic to most complex content	Length	How to Access
<b>Current ACRC Clinical Trials</b>		<a href="https://bit.ly/2Qeb3Yi">https://bit.ly/2Qeb3Yi</a>
<b>About Clinical Trials</b>		<a href="https://bit.ly/2NFnqec">https://bit.ly/2NFnqec</a>
<b>Research Collaboration Between Patient and Provider</b>	One minute 19-second video	<a href="https://bit.ly/3uRVV3W">https://bit.ly/3uRVV3W</a>



## Free Health Programs and Initiatives

### Lung Cancer Mentor Program

The American Lung Association partnered with [Imerman Angels](#) to match mentors, also known as Mentor Angels, with those facing lung cancer. Patients can sign up to seek support from someone who has been in your shoes OR you can sign up to become a mentor and offer support to another person facing lung cancer. For more information, visit [Lung.org](https://Lung.org).

### Protecting Lung Health During a Natural Disaster

With the effects of climate change resulting in more severe weather with longer periods of expected disasters, there is an increased and urgent need to provide lung health education. In 2019, the American Lung Association launched a nationwide response to the ongoing threat to lung health caused by natural disasters, like wildfires, hurricanes, floods and tornadoes. While there are several phases of any disaster, the American Lung Association's Natural Disaster Plan focuses specifically on preparedness and in providing education, outreach and training to enable people to respond to and recover from disasters that affect their lung health. To view a previously recorded webinar, watch an animation, download resources or read a blog, visit [Lung.org](https://Lung.org).



The Ask, Advise, Refer to Quit Don't Switch training is based on the CDC's Ask-Advise-Refer model and utilizes updated tools and strategies for conducting an effective brief tobacco intervention with patients identified as tobacco users, including e-cigarettes. This one-hour, on-demand online course seeks to target healthcare professionals who may have direct patient contact and may initiate a brief tobacco intervention.

The American Lung Association believes everyone who uses tobacco products can quit. Using FDA-approved quit smoking medications such as nicotine gum, patches, nasal spray, inhaler and lozenges and non-nicotine medications varenicline (Chantix®) and bupropion (Zyban®) are proven safe and effective to help relieve physical symptoms. Additionally, cessation counseling supports the behavioral change necessary for long-term recovery. Healthcare provider use of referral mechanisms like Ask, Advise, Refer to Quit Don't Switch are a key strategy for improving the impact of tobacco treatment. **Participate in our free [Ask, Advise, Refer to Quit Don't Switch Training](#).**

## Lung.org/asthma

Asthma makes breathing difficult for millions of Americans. There's no cure, but it can be managed and treated so you can live a normal, healthy life. The American Lung Association is committed to supporting those affected by asthma. We offer a variety of resources and information about the disease. Check out some of our key asthma support and education resources featured below. Or scroll down to explore our entire asthma section.

- [Asthma Basics](#)
- [Managing Asthma](#)
- [Living with Asthma Online Support Community](#)
- [Asthma in Schools](#)

## Asthma Basics

The American Lung Association's *Asthma Basics* program is offered as a self-paced online learning module or an in-person workshop, designed to help people learn about asthma. The program is ideal for frontline healthcare professionals, such as school nurses or community health workers, as well as individuals with asthma, parents of children with asthma, and co-workers, friends and family who want to learn more about asthma. The [Asthma Basics](#) free, online learning module is available in English and Spanish. Asthma Basics teaches participants to:

- Recognize and manage triggers,
- Understand the value of an asthma action plan, and
- Recognize and respond to a breathing emergency.

One of the highlights of the program is the [What Is Asthma? Animation](#) that shows the three primary changes in the airways during an asthma episode. Asthma Basics also includes comprehensive resources, including asthma medication devices and demonstration [videos](#) and downloads. **To learn more about how to host an Asthma Basics in-person workshop, please contact your local Lung Association office or call 1-800-LUNGUSA to be connected.**

## Asthma Friendly Schools Initiative

The Asthma-Friendly Schools Initiative®, or AFSI, is a comprehensive approach to asthma management in schools. It is based on CDC's Coordinated School Health Model and uses tested tools and resources to create sustainable asthma management plans within existing school systems. AFSI provides tools and resources to assist schools or school districts in the implementation of a comprehensive asthma management plan. The goal of the initiative is to keep children with asthma healthy, in school and ready to learn.

The [Asthma-Friendly Schools Initiative Toolkit](#) is a planning tool based on real-life activities that have been used in schools throughout the U.S. to create comprehensive asthma management systems. The Toolkit is based on the premise that a successful AFSI must be grounded in a structured planning process that includes coalition building, community-wide input, action planning and ongoing support. The process and details in the Toolkit provide in-depth planning and activities that are complementary to the CDC's Strategies for Addressing Asthma within a Coordinated School Health Program.

Each community, coalition, organization and school is different and will need to create a custom long-term planning process based on its particular needs. The Toolkit allows and encourages groups to design a plan that is specific to their community needs and resources. For more information, visit [Asthma Friendly Schools](#).

## Better Breathers Club

The American Lung Association's Better Breathers Club meetings offer patient-centered and community-based educational opportunities and support to people living with chronic lung disease and their families. The goal of Better Breathers Club is to improve the quality of life and functional status for members by providing disease self-management education and emotional connection, which may prevent exacerbations and reduce the health, economic and social burden of lung disease. To locate a Club in your area, visit [Lung.org/better-breathers-club](http://Lung.org/better-breathers-club).

## Better Breathers Network

The Better Breathers Member Network provides direct access to education, support and a sense of connection and community for adults living with lung disease, along with their caregivers and loved ones, in addition to the option to join a local Better Breathers Club. Membership in the Network will [join the Better Breathers Member Network for free](#).

## Inspire Communities

The Lung Association is proud to support several free online communities on Inspire.com for people facing lung disease. These communities offer peer-to-peer support so you can connect with people who are in your shoes. You can start or respond to threads on the communities, upload photos and search for specific topics to find other members who share the same interests. To become a member of Inspire you need to register for an account. Visit the community below that best suits your needs:

- [Lung Cancer Survivors](#)
- [Living with COPD](#)
- [Living with Lung Disease](#)
- [Living with Pulmonary Fibrosis](#)
- [Caring for Pulmonary Fibrosis](#)
- [Quit Now: Freedom From Smoking®](#)
- [Living with Asthma](#)
- [Living with PAH](#)

## Youth Tobacco Prevention and Cessation

The American Lung Association is committed to helping educate, intervene and prevent the use of tobacco and nicotine by the next generation. This is especially important because close to 95 percent of smokers try their first cigarette before the age of 21. With the Federal Drug Administration's recent announcement about teen vaping reaching epidemic levels, the fight against nicotine and tobacco has become even more vital. [Learn more about youth smoking](#).

## INDEPTH

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) is the American Lung Association's alternative for students who face suspension for violation of school tobacco, vaping, or nicotine use policies. Students participate in a series of interactive educational sessions administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting. [Learn more about INDEPTH](#). [Register for the free INDEPTH Facilitator Training Course here](#).

## The Vape Talk

More than 6,100 teens start vaping every day. While they are still willing to listen, sit down and talk to them about e-cigarettes (vaping and JUULing). Visit [The Vape Talk](#) to learn more and download the American Lung Association's conversation guide.

## For All Other Lung Disease Questions: Lung HelpLine & Tobacco QuitLine

Call or submit your question [online](#) to our experts at the American Lung Association Lung HelpLine and Tobacco QuitLine. Our service is free and we are here to help you with one-on-one support.

Hours: • Monday–Friday 7 a.m.–9 p.m. CT

• Weekends 9 a.m.–5 p.m.

\*After hours leave a message and we will respond the next business day.

## Smokefree Housing Initiative

[Secondhand smoke exposure](#) poses serious health threats to children and adults. For residents of multi-unit housing (e.g., apartment buildings and condominiums), secondhand smoke can be a major concern. It can migrate from other units and common areas and travel through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems. Public and private multi-unit housing properties across the country have moved to solve this problem by making their housing, including individual units, smokefree. The U.S. Department of Housing and Urban Development (HUD)'s rule that made all public housing smokefree will protect approximately two million residents, including 760,000 children, from exposure to secondhand smoke. The American Lung Association was a [strong supporter](#) of HUD's smokefree housing rule and pushed for its passage for over a decade. We have created a variety of tools and resources to assist multi-unit housing properties, including public housing, with going smokefree. Participate in our [free Steps for Success program](#).

## Tobacco Basics

The American Lung Association's Tobacco Basics is a free one-hour online course including five learning modules designed to lay the foundation in understanding the toll of tobacco use in the U.S. In this course participants will learn the difference between tobacco products, including e-cigarettes and vaping devices; the effects of tobacco use on the human body and brain; nicotine dependence and why quitting is so challenging; proven policies that protect public health from the toll of tobacco; and the programs available to help all tobacco users successfully quit for good. Participate in our free [Tobacco Basics Training](#).

## Radon Basics

The American Lung Association's Radon Basics course is a free one-hour interactive online learning program designed to help people understand more about radon, a radioactive gas commonly found indoors at dangerous levels. This course is ideal for healthcare professionals such as physicians, nurses, community health workers, and public environmental health educators—in short, anyone who is engaged in encouraging people to adopt behaviors that protect their health. This course also offers a certificate for professional education credits upon completion. The program is also appropriate for anyone who wants to learn more about radon and about how to test for it and fix problems. Individuals who smoke or who have family history of lung cancer, or parents and guardians may especially be interested. Participate for free [Radon Basics Training](#).

## Lung HelpLine

Sometimes you need more than just a search engine. Our registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors are ready to assist with any of your lung health questions. Get detailed and accurate information about lung cancer, asthma, COPD including emphysema and chronic bronchitis, quitting tobacco, indoor and outdoor air quality, and multiple other lung health topics. Help is just a phone call away at 1-800-LUNGUSA or through online chat at [Lung.org/helpline](#).

 American Lung Association®