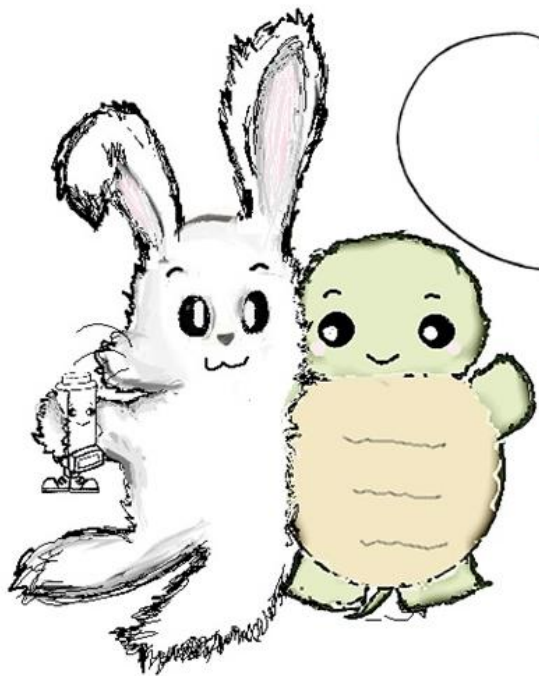


# A Tale to Inhale

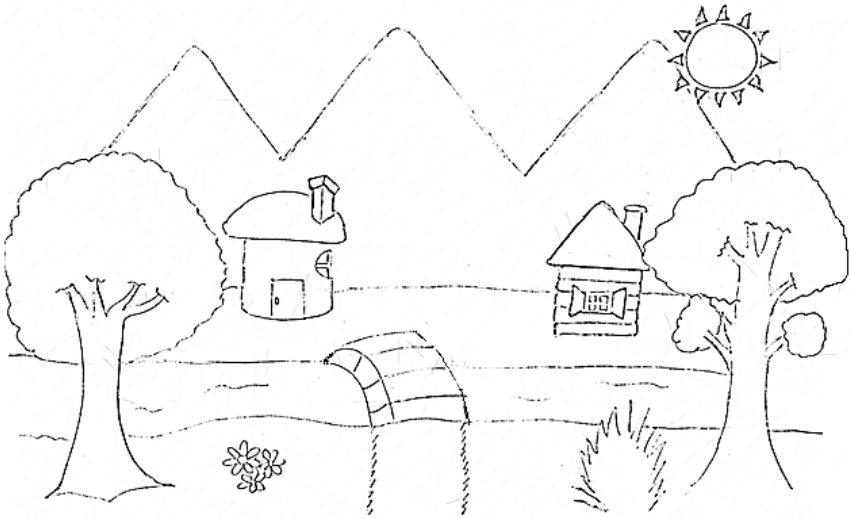
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AMCP-Pacific Script Your Future



This book is dedicated to the patients, who are  
scripting their future every day

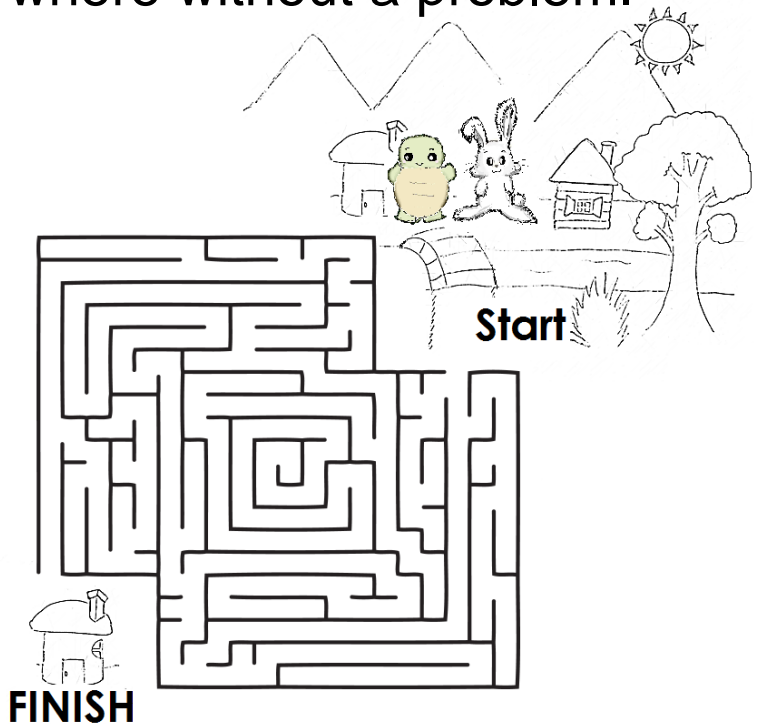


It was a beautiful day in the forest. On one side of the forest lived Roach the tortoise. On the other side of the forest lived Dusty the bunny.



\*Color the homes of Roach and Dusty\*

All the animals were excited. Today was the big race to see who was the fastest between Roach and Dusty. In everyone's mind, Dusty was going to win, of course. That speedster could run anywhere without a problem.

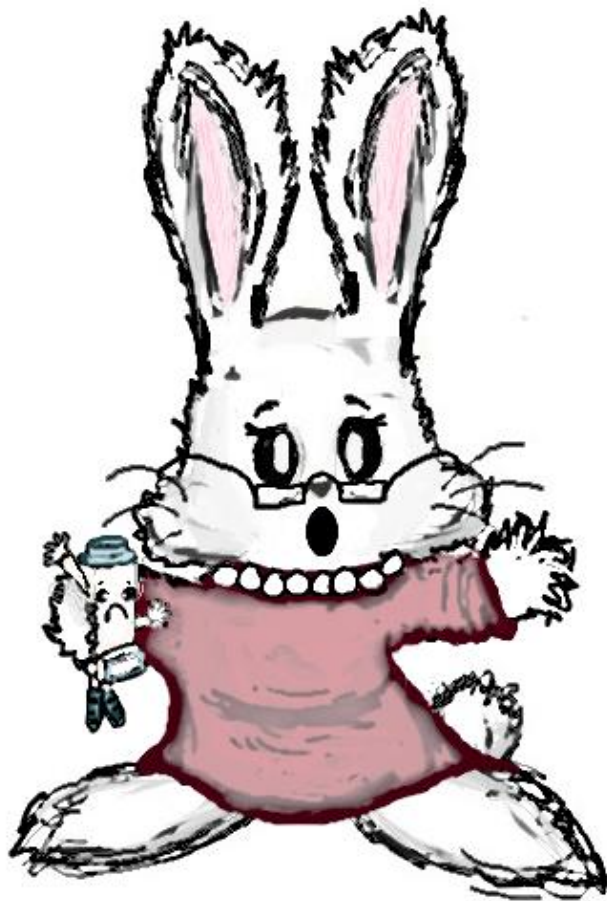


Dusty was just happy to show everyone that he was the fastest. “That slow tortoise is no competition,” he thought to himself. Excited, he left his house to head to the race. As he was about to go, his mother shouted, “**DON’T FORGET YOUR INHALER!**”

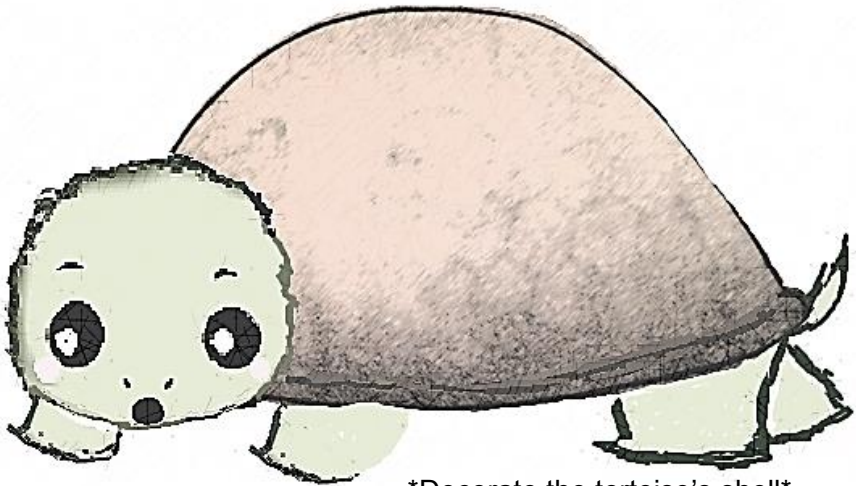


\*Find the hare's inhaler in his room\*

“I don’t need it!” He cried back. Dusty sprinted out of the house before he could hear what else she had to say.

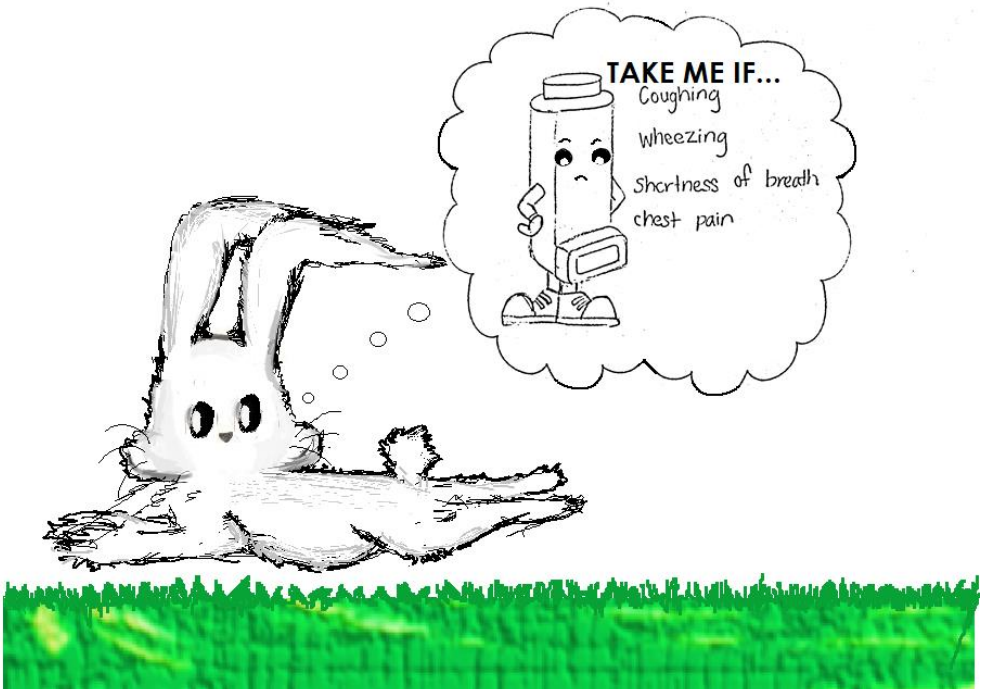


He lined up at the start line,  
pumped and ready to go.  
Roach lined up beside him  
and said worriedly, “I just  
saw your mom. She told me  
that you forgot your inhaler.”  
Roach was about to say  
something else, but Dusty  
ignored him.



\*Decorate the tortoise's shell\*

With a bang, the two were off! Dusty ran so fast that when he finally looked behind him, he couldn't see Roach at all! But suddenly, it was really hard to breathe, he needed to stop.





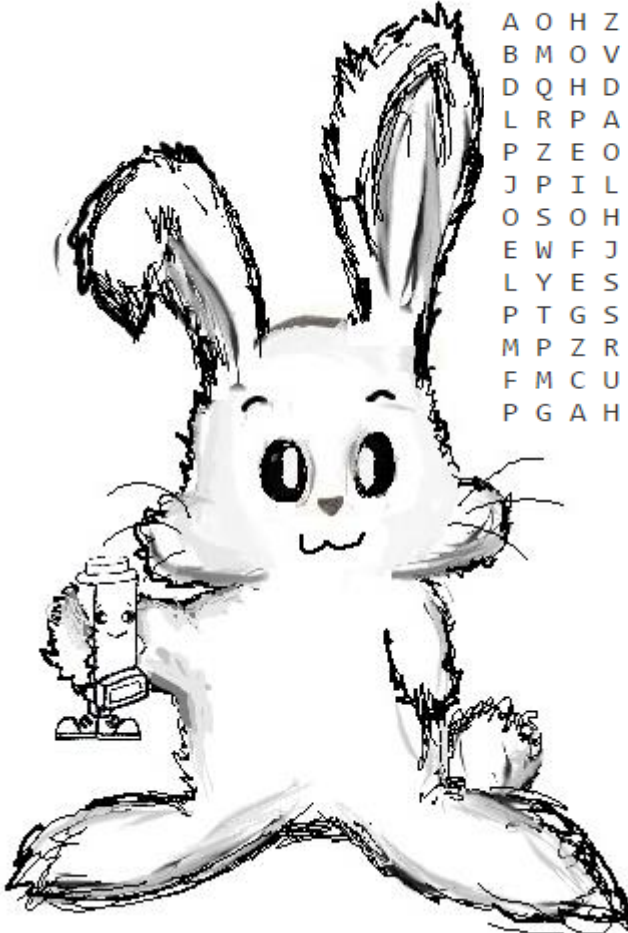
Going at a steady pace,  
Roach saw Dusty sitting  
under a tree having trouble  
breathing. Frantically,  
Roach cried, “Quick, use  
the inhaler your mom gave  
me!”



As soon as Dusty used his inhaler, his breathing got better. “Thank you so much! Man, I should have listened to my mom. You deserve to win, Roach!” With a big smile, Roach said excitedly, “Let’s win together, Dusty!”



Together, Roach and Dusty crossed the finish line. From that day on, Dusty learned to keep his inhaler with him when he ran.



F O R E S T N N A R S O I E Y  
D O P K G C S M G A R T W H M  
A O H Z L X H T T C L U B T Y  
B M O V K T O V H E K Q R A P  
D Q H D S R Y H Z T N S P E S  
L R P A T R E H T E G O T R Z  
P Z E O R Y Q A W U O X K B C  
J P I L D E O F Q K V I M Q D  
O S O H A T I S S B T Q O U A  
E W F J B H Q M U J M V H G P  
L Y E S W S N H H P K N Q J P  
P T G S L X B I Q U W K G E D  
M P Z R J V W N P X K B Z C Y  
F M C U C M D Q W M L C S R Z  
P G A H S B P X G O Y P E A A

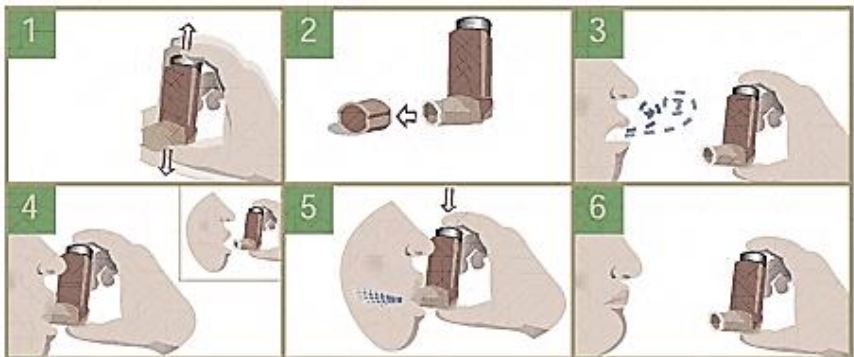
\*Word Search\*

Asthma  
Inhaler  
Hare  
Tortoise  
Forest  
Breathe  
Race  
Together

## Did you know?

Up to 90% of patients with asthma or COPD do not use their inhalers properly? Here are the steps to take:

1. Shake the inhaler well before use (3 or 4 shakes)
2. Remove the cap
3. Breathe out, away from your inhaler
4. Bring the inhaler to your mouth. Place it in your mouth between your teeth and close your mouth around it.
5. Start to breathe in **slowly**. Press the top of your inhaler once and keep breathing in slowly until you have taken a full breath.
6. Remove the inhaler from your mouth, and hold your breath for about 10 seconds, then breathe out.
7. If you need a second puff, wait 30 seconds, shake your inhaler again, and repeat steps 3-6.



For more information, please visit: <http://www.asthma.ca>

# TAKE THE PLEDGE. TAKE YOUR MEDS.

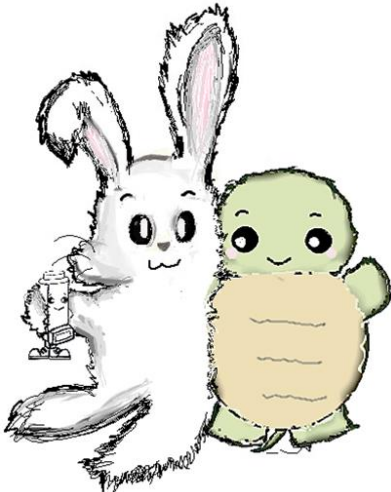
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