KIDS WITH ASTHMA
BILL OF RIGHTS

I __________________________ certify that I have asthma, and I have the right to understand and control my asthma to prevent an asthma attack. These are my rights:

1. I have the right to regular medical care that keeps my asthma under control.
2. I have the right to effective, affordable medicine.
3. I have the right to breathe clean air in my home, my school and my community.
4. I have the right to an asthma action plan that both my parents or guardians and my school can use to help me manage my asthma.
5. I have the right to know what causes my asthma to get worse, and how to stay away from my asthma triggers.
6. I have the right to attend an asthma-friendly school, where there's a school nurse, I can use my medicine when I need it, and all the adults know enough about asthma to help me if I get in trouble.
7. I have the right to learn as much as I can about my asthma so I can take care of myself.
8. I have the right to talk to my parents or guardians and my teachers about what I need to do to control my asthma.
9. I have the right to participate in sports and other activities, as long as my doctor says it is okay.
10. I have the right to live an active, healthy life!

Signed

For more information check out www.lungusa.org