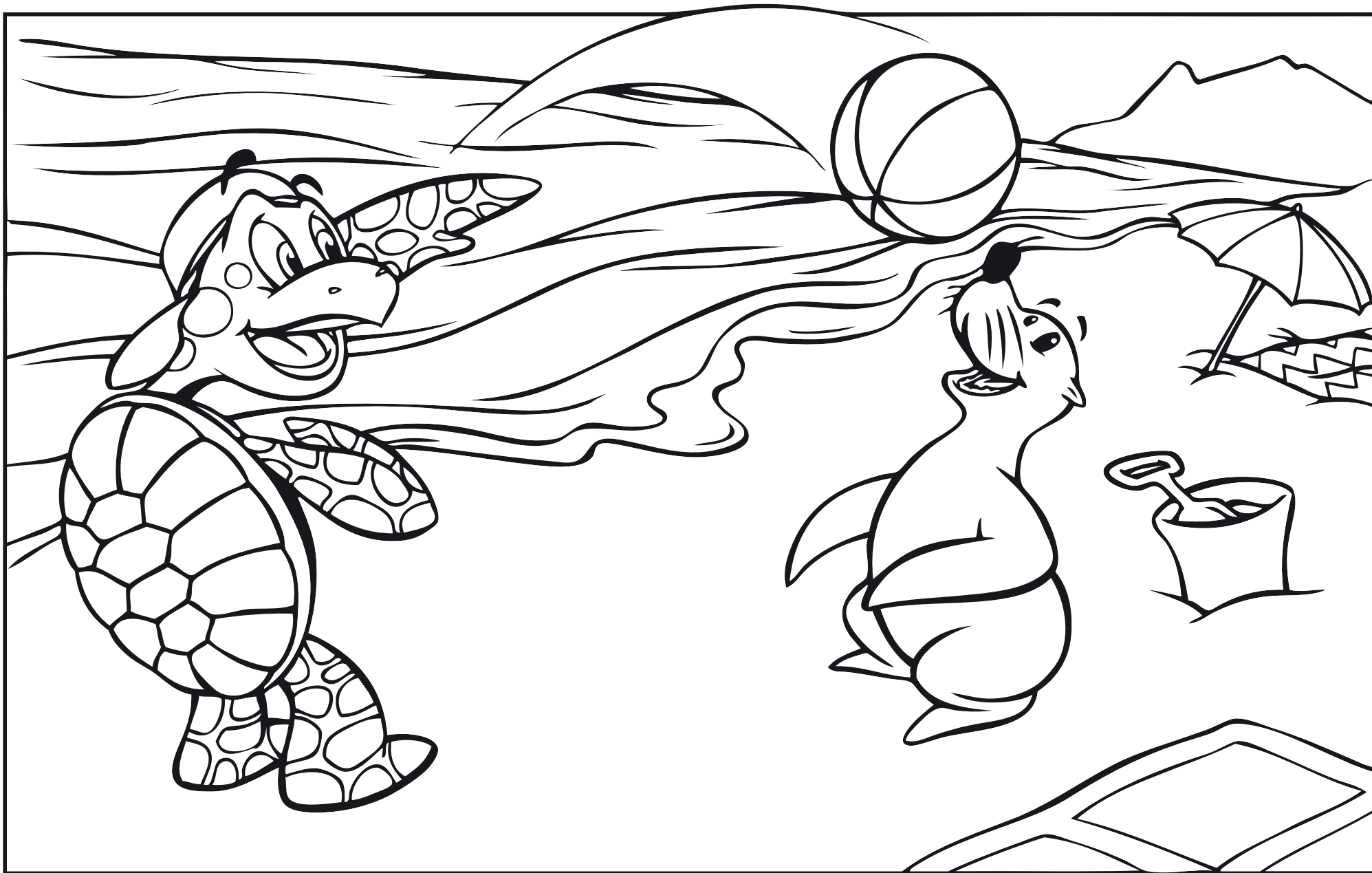
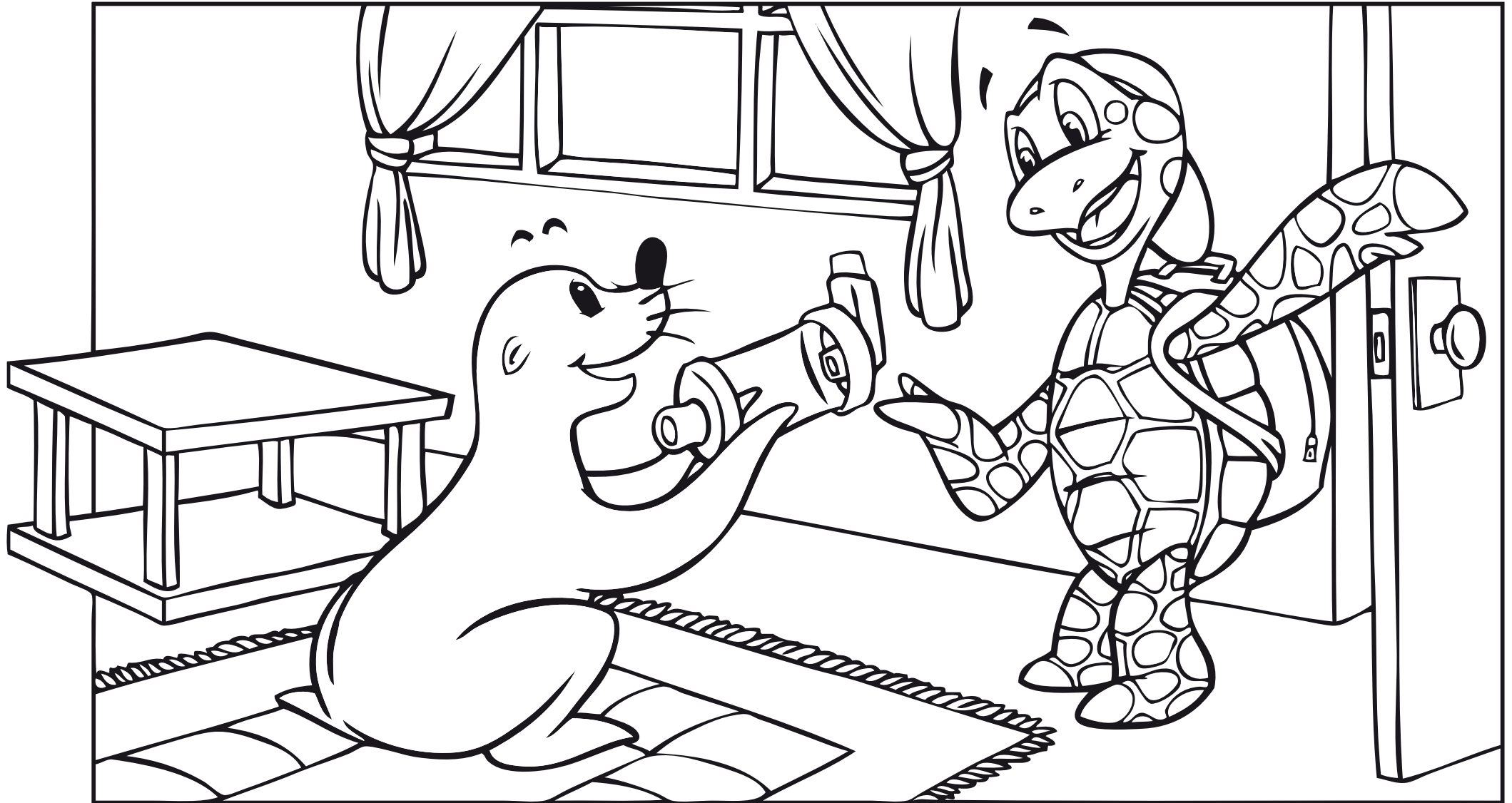


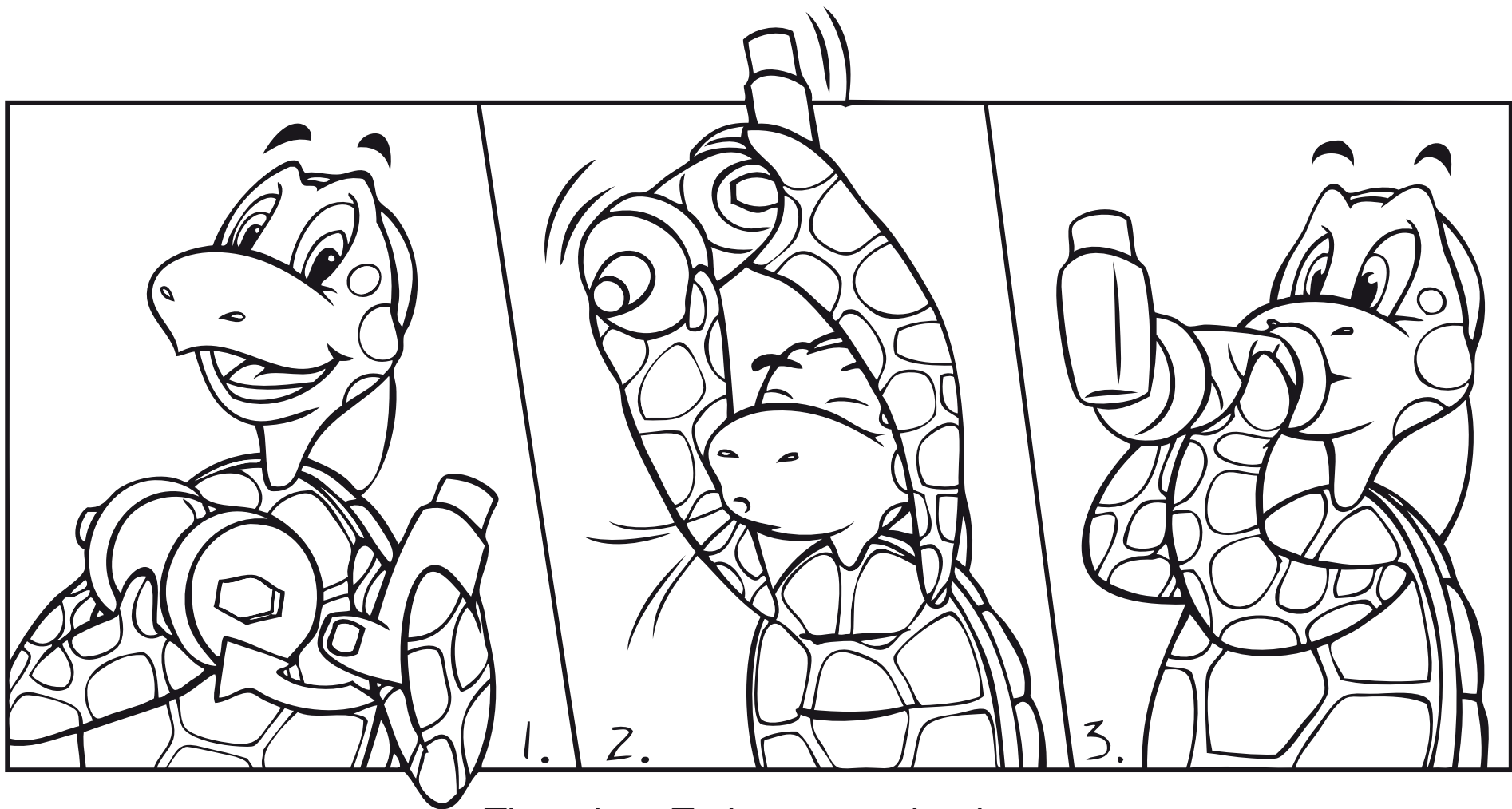
Tucker the Turtle loves to play sports with his best friend, Sami the Seal. They surf the waves...



...and play catch in the sun. Tucker practices pitching so he can be a famous baseball player!



Tucker has asthma, and sometimes it's hard for him to breathe.
He takes his medicine using an inhaler and chamber.
It helps get the medicine into his lungs.

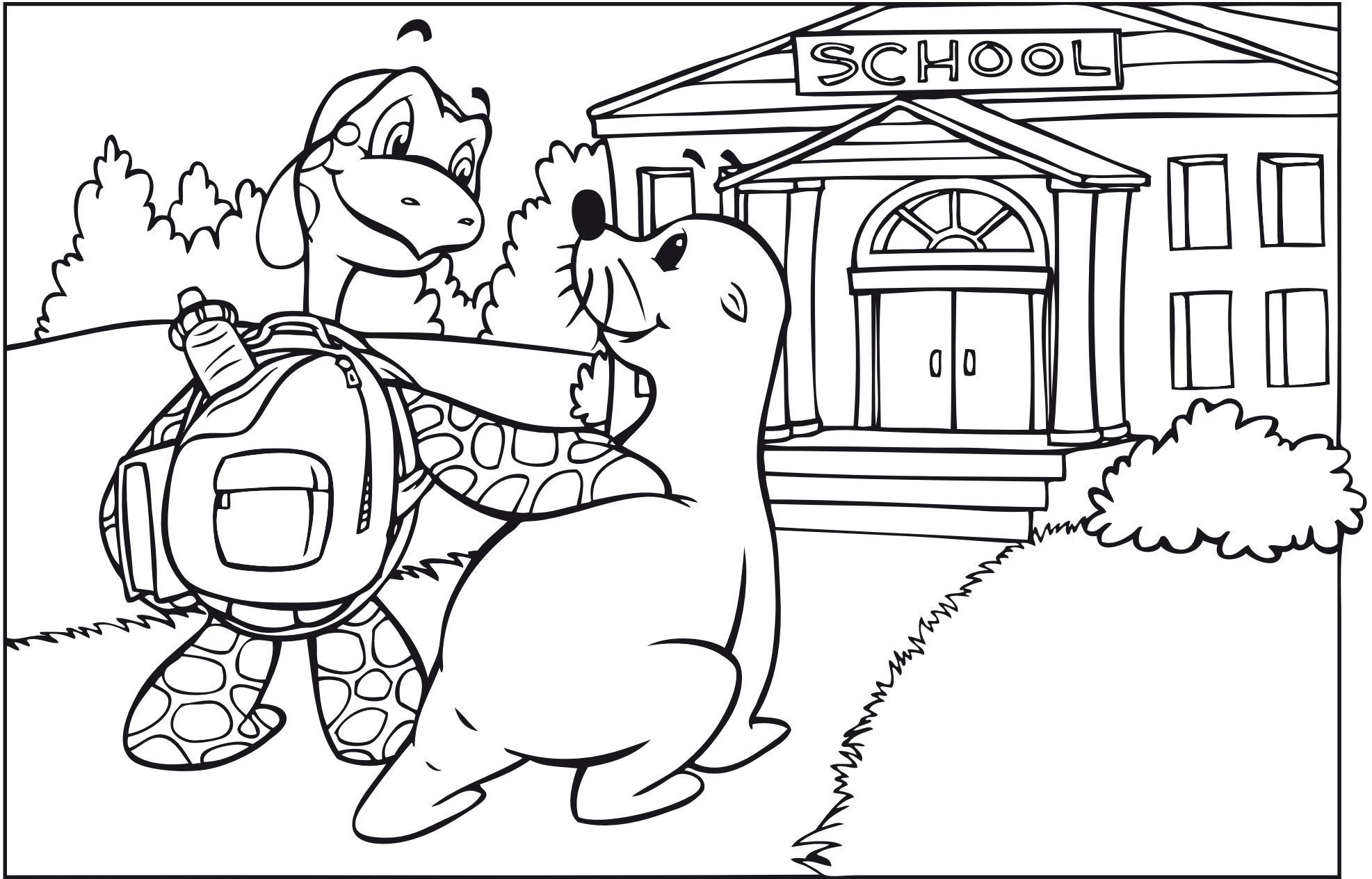


This is how Tucker uses a chamber.

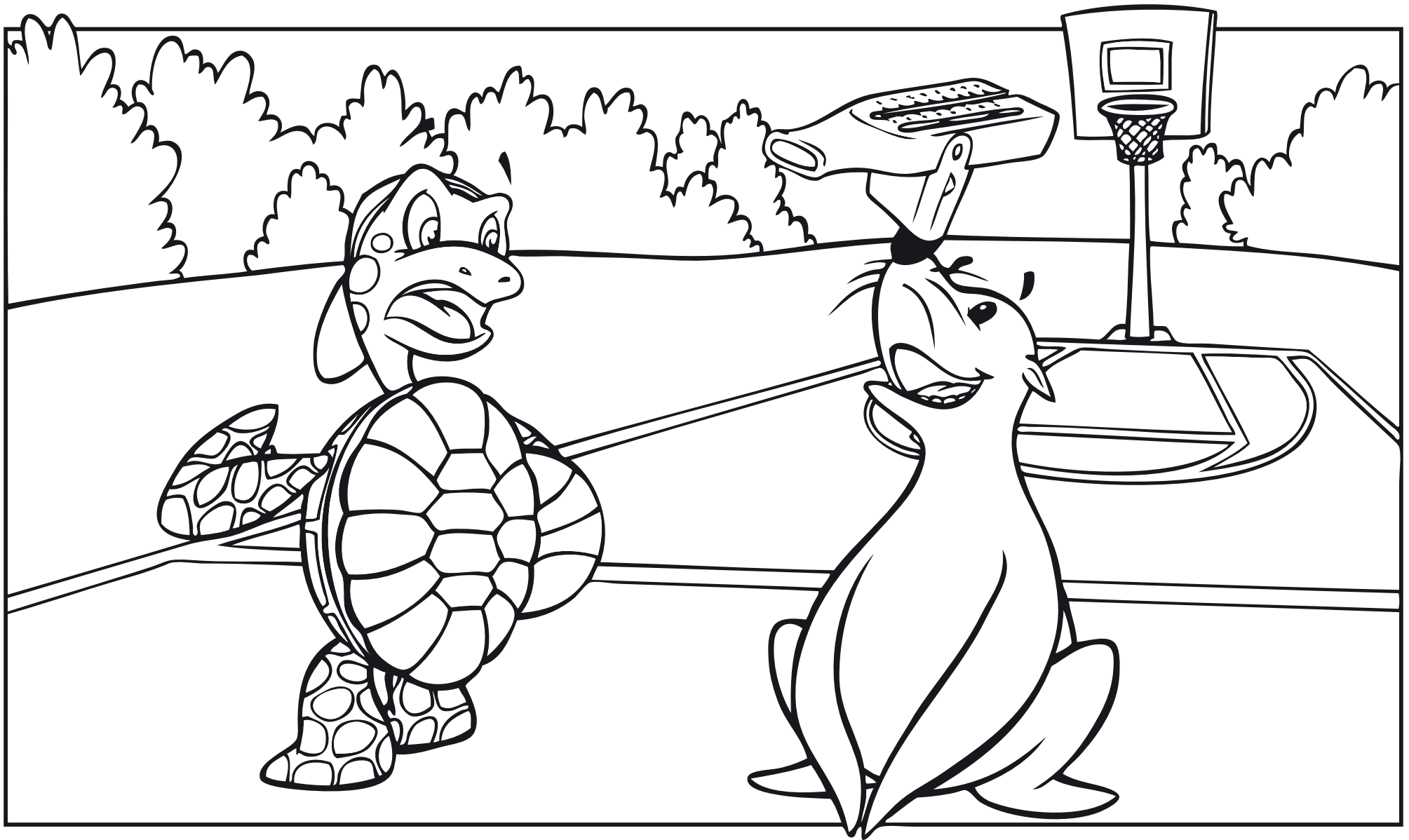
Step 1:
He puts his inhaler
in the end of the chamber.

Step 2:
He shakes them 4 or 5 times,
while he blows out air.

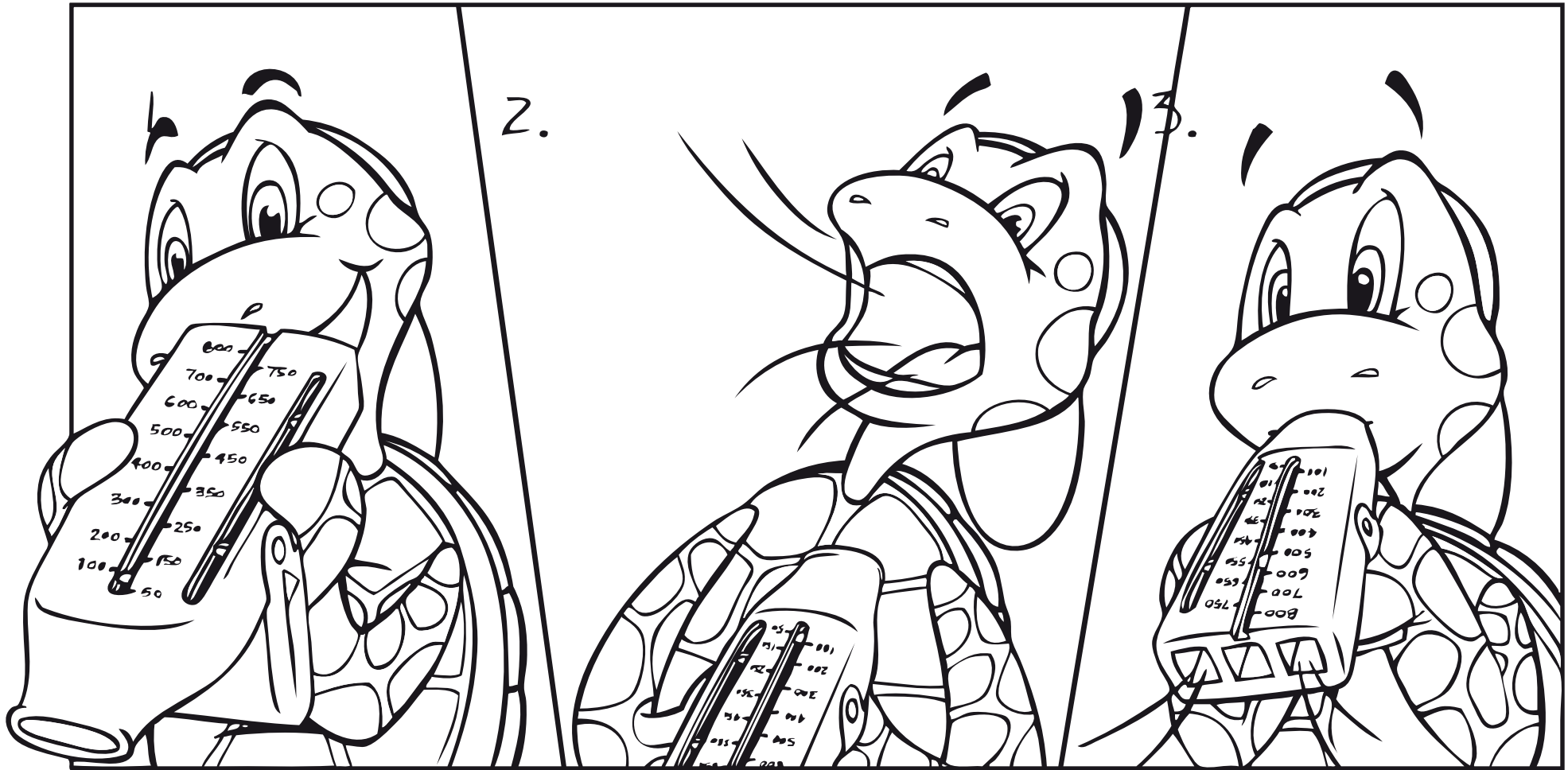
Step 3:
He puts the chamber in his mouth,
presses the inhaler down while he
breathes in slowly, and then holds
his breath as he counts to 10,
then he breathes out.



Tucker and Sami walk to school every morning. It's good exercise.



Tucker and Sami practice scoring baskets so Tucker can be a famous basketball player!
Tucker tests his breathing with a peak flow meter before and after they play.



This is how Tucker uses a peak flow meter.

Step 1:

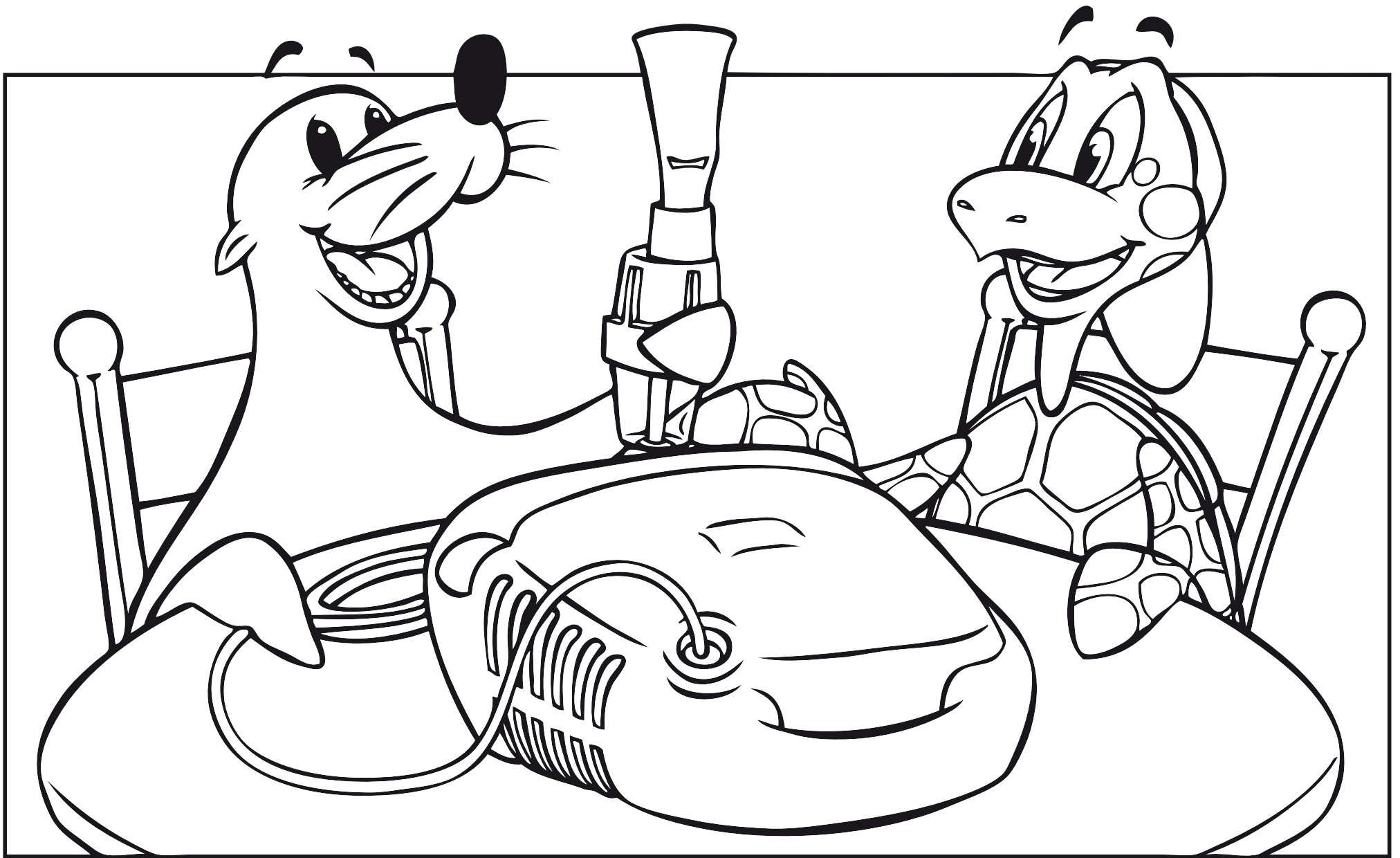
He stands up and puts the pointer to the bottom of the scale.

Step 2:

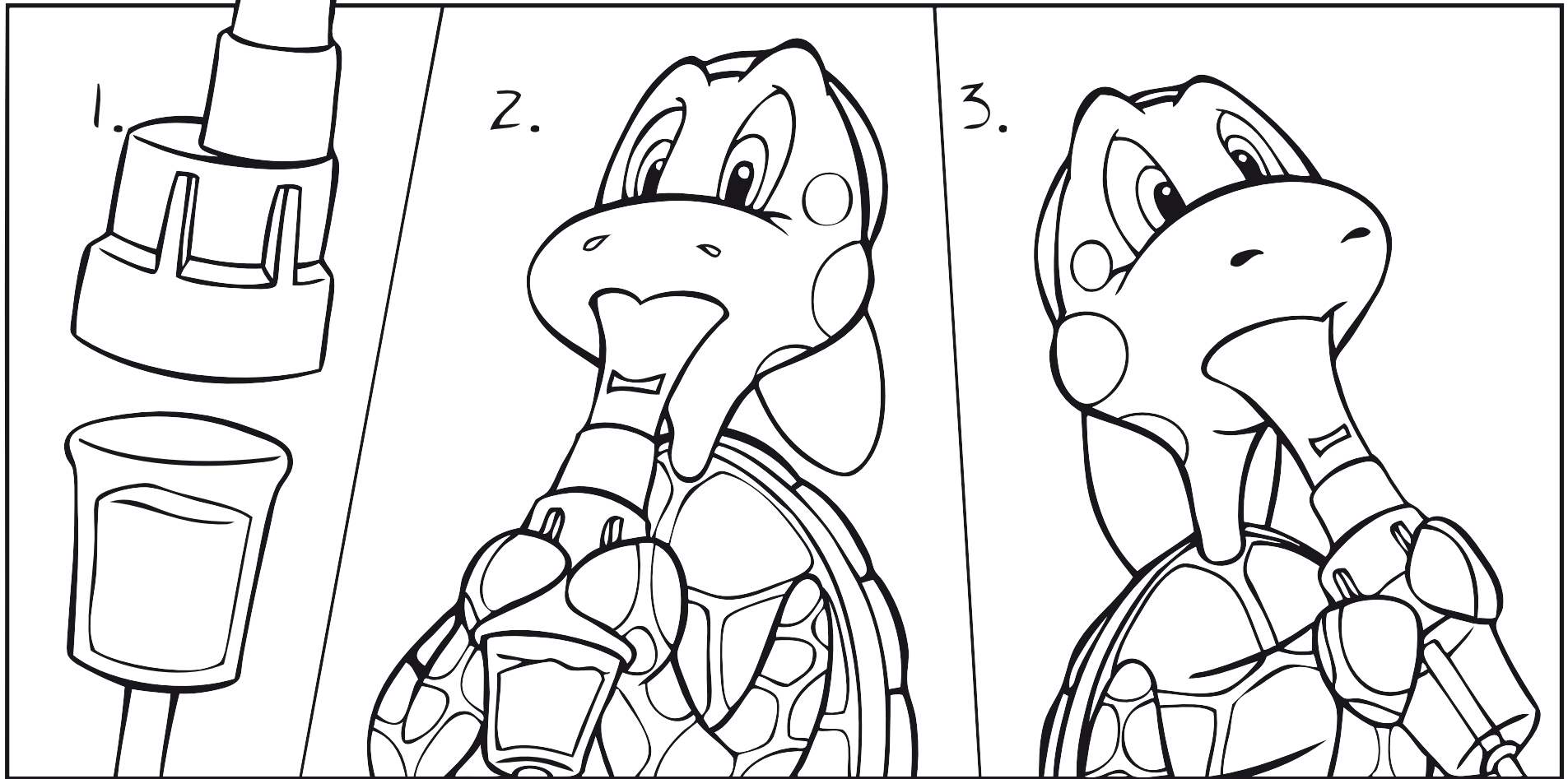
He takes a deep breath.

Step 3:

He puts the meter in his mouth and blows out as hard as he can.
What reading did he get?



When Tucker's peak flow is low, he takes more medicine using a nebulizer. It makes a mist that he breathes into his lungs.



This is how Tucker uses a nebulizer.

Step 1:

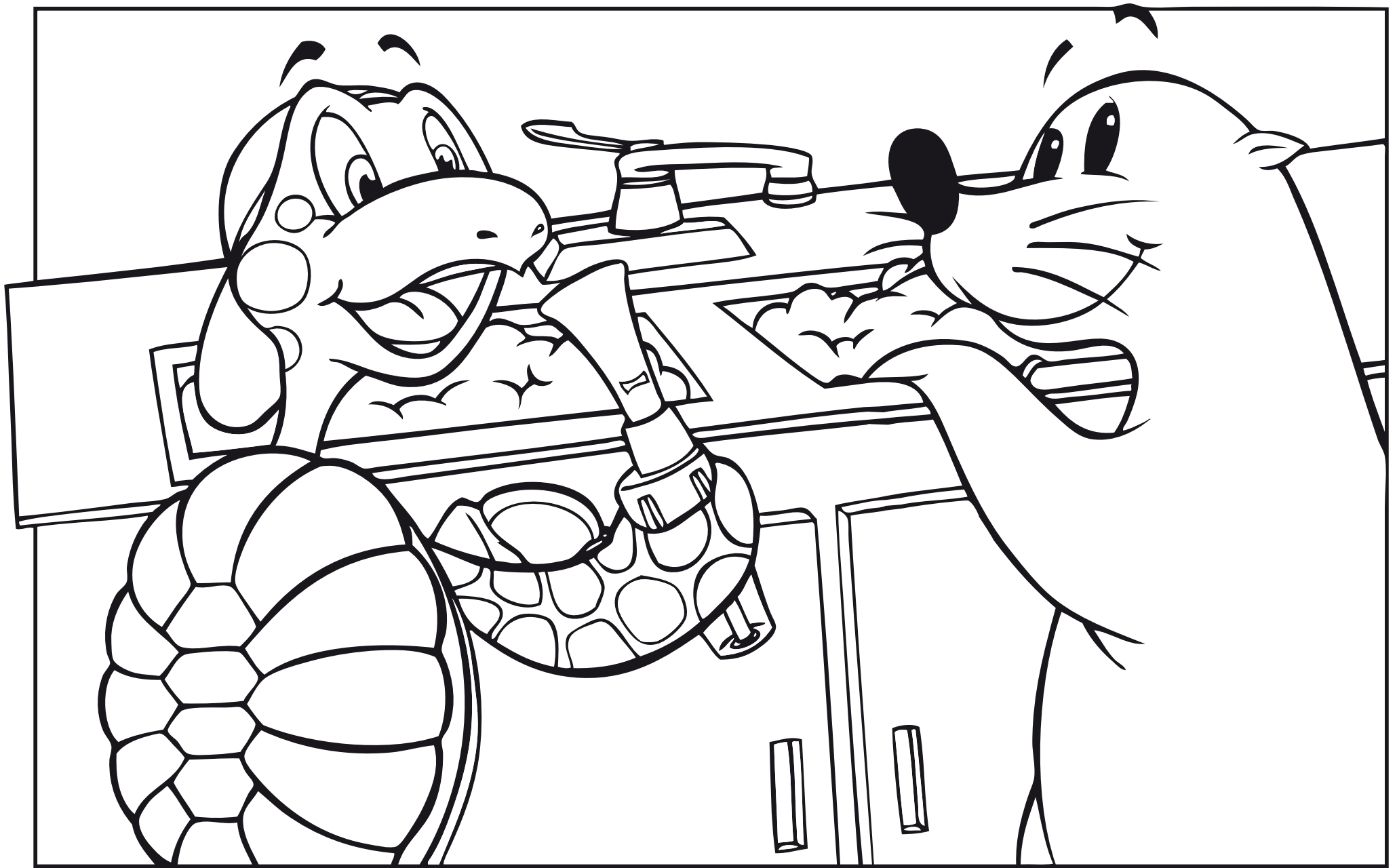
His mom puts medicine in the cup.

Step 2:

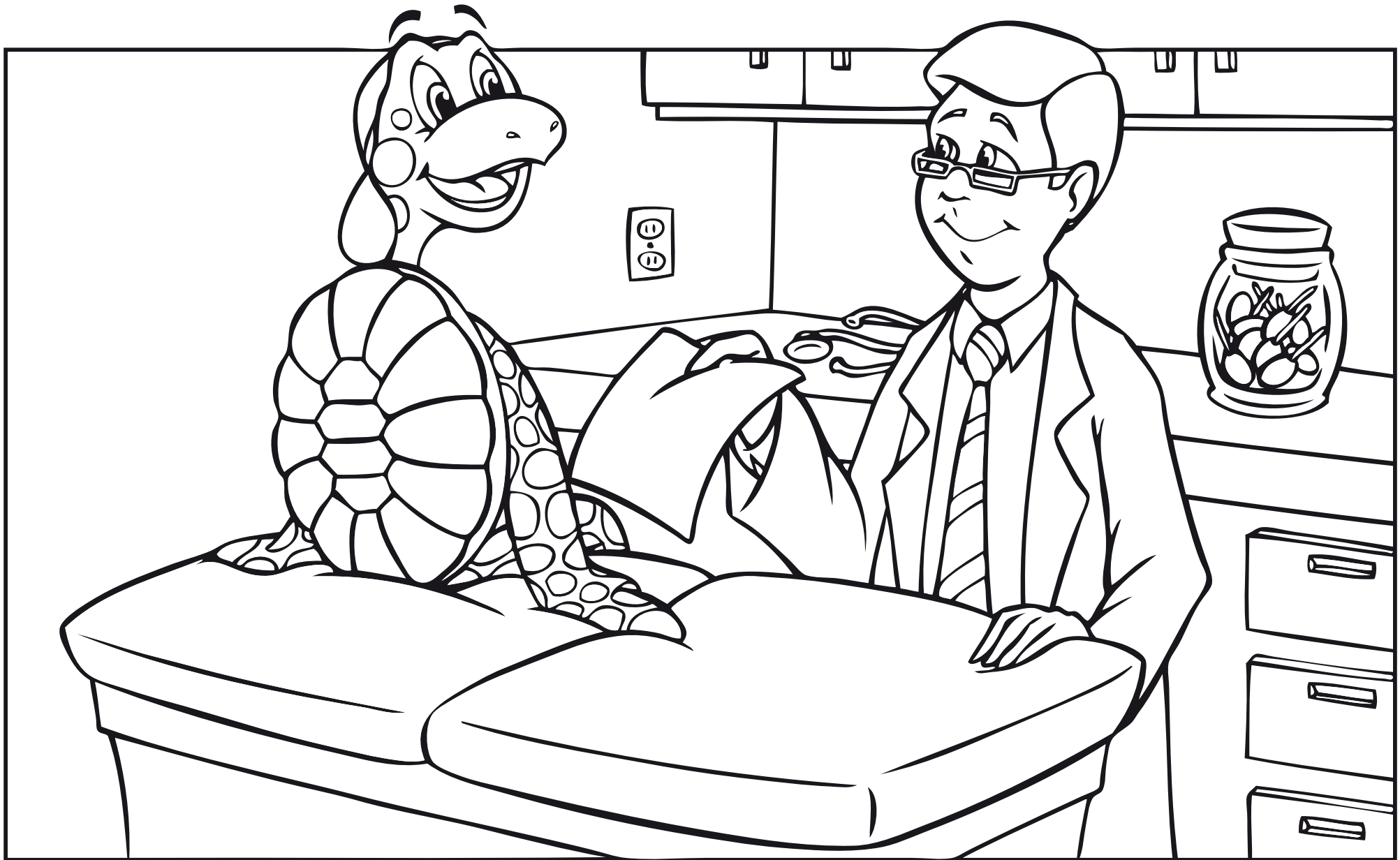
He turns it on and puts
the mouthpiece in his mouth.

Step 3:

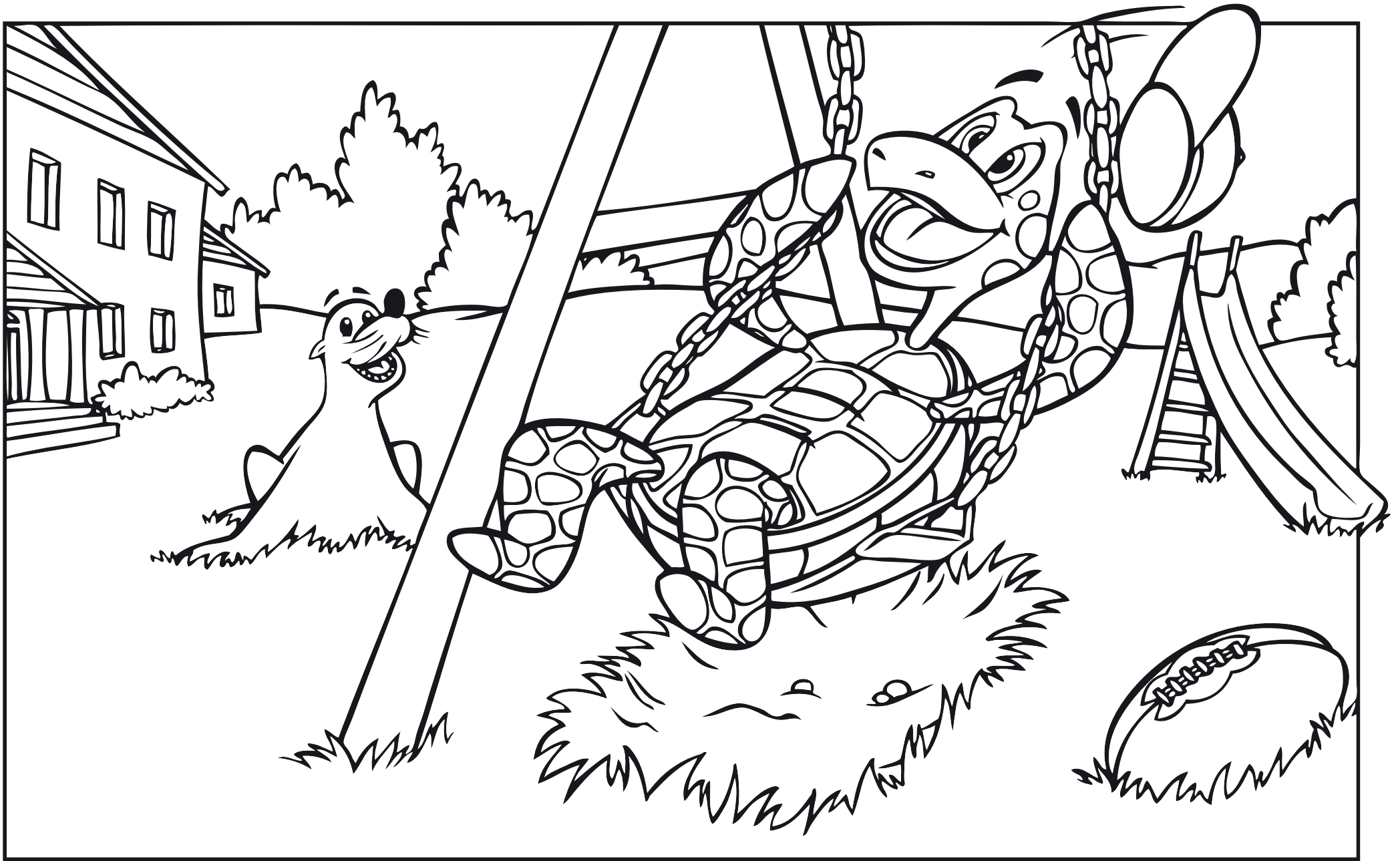
He breathes in the mist that comes out
until it's all gone.



After he's done, he cleans up, and Sami helps.



Tucker visits his doctor often. His doctor writes an Asthma Action Plan for him to follow. This tells him how much medicine to take or what to do when he gets different readings on his peak flow meter.



Tucker does a good job “tackling” asthma – so he can be a famous football player!