

# AIM2ACT

## A Mobile Health Tool to Facilitate Asthma Self-Management during Early Adolescence



### Welcome to our newsletter!

Welcome to the Aim2Act family and the first edition of our quarterly newsletter. A few times a year we'll be sharing with you updates from the Aim2Act research team, trending topics, and general asthma updates. We'd love to get your input on topics you'd want to hear or ways we can improve our newsletter. You can email us at [aim2act@phhp.ufl.edu](mailto:aim2act@phhp.ufl.edu)

Most of us are already back to school for the Fall. With Labor Day officially behind us, flu season is quickly approaching. We've often seen a bit of an asthma peak during September-October with the onset of weather changes. Whether you're schooling from home or in person, keep the following in mind as you navigate your workload.

#### Taking care of yourself as Flu season starts:

##### When to Rest or Stay Home

- Sleepless night due to asthma symptoms
- Significant wheezing, coughing, shortness of breath (SOB)
- Sore throat
- Moderate to severe cough
- Fever of 100.4 degrees or higher
- Experiencing asthma symptoms that is not well controlled using quick relief meds

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### When to Attend School

- No fever for 24 hours
- Slight wheezing
- In the Green Zone of your Asthma Action Plan
- Experiencing asthma symptoms that is well controlled using quick relief meds

Want to follow along with trending Asthma topics? Checkout the following hashtags:

**#asthma**

**#allergies**

**#asthasucks**

Adapted from the Allergy & Asthma Network

## Ways to Beat the Heat!

Sudden changes in temperature and extreme heat can worsen asthma symptoms. Follow these tips to help you stay safe and prepared in the hot summer months:

Medication preparedness- keep your medications close by and cool.

Asthma Action Plan- have your plan clear and ready to go.

Stay hydrated- this is essential! Avoid de-hydrating beverages.

Stay cool- find and use air conditioning to prevent yourself from becoming overheated. Consider staying inside or going for a swim when it's too hot.

Check the weather and air conditions- check the weather before engaging in any outdoor activities to ensure that it's not too hot, and confirm that air quality and pollen counts are safe, summer-time temperature changes and weather can influence both.

Schedule appropriately- spend time outdoors when the sun isn't at its most intense, in the morning or late evening.

Dress for the heat- wear light fabrics like cotton or linen. Use hats and sunglasses when necessary.

Keep humidity low- utilize air conditioning or dehumidifiers as much as possible to reduce humidity levels.

Consult your doctor- if your asthma symptoms are worsening or changing.

## STUDY UPDATES

Since starting enrollment in late March we've partnered with 21 families from all over Florida! We are so excited to have a mighty group of teens and caregivers. Currently 12 families are onboarded to using our Aim2Act app, with our first 6 month check-in starting in late November 2021.

## Quiz Time!

Don't worry, this is just for fun!  
Click on the link [here](#) to take the quiz!