

“Help Me”; 60 (Navajo)

Children: Shéé'éya Diné é nishl. Áhiih nish l. Naalán é bás shch n.

I'm Dene from the Navajo Nation. And I've got asthma. Mom, Dad, Grandma, Grandpa, I know that you do all that you can to help me – but you might not know about all the different stuff that can make me have an asthma attack, or all the simple things you can do to fight my asthma. Please don't smoke in the house or car because second hand smoke triggers my asthma attacks. If you put me teddy bear in the freezer it will wipe out the dust mites and if you dry off my rubber duckies and bath toys you will get rid of mold, all the things that can cause an asthma attacks.

AVO: These are just a few of the many things you can do to help your child fight their asthma attacks. To discover other simple ways to prevent an asthma attack call 1-866-NO-ATTACKS. A public service message brought to you by the EPA and the Ad Council.

Children: Háálá lóó 'tóbáá istin doo awááhta ádanisinda.

Cause I don't want to feel like a fish with no water.