

“Fish”: 60 (Navajo)

Children: Lahda ch 'ééh disdziihlé.

Sometimes I have trouble breathing.

Children: 'Ákótiingo násdzilé.

When I have an asthma attack, I feel scared.

Children: Jidi'niilkos aldó 'sh lchi 'dánáhi 'didago ch 'ééh disdziihlé.

I start to cough and I feel like I'm choking.

Children: Lahda shimá dóó shizhé'é azee'áliigóó shil alnánákah.

Sometimes my parents have to take me to the hospital.

AVO: You know how to react to their asthma attacks but do you know how to prevent them? Do you know things like shower curtains, a blanket, even a teddy bear can trigger your child's asthma attacks? Avoid your child's next asthma attack by calling 1-866-NO-ATTACKS and learn more about the ways that you can help. Because even one attack is too many.

Children: Lóó' tóbáá istin shil nahalin leh.

I feel like a fish with no water.

AVO: A public service message brought to you by the EPA and the Ad Council.