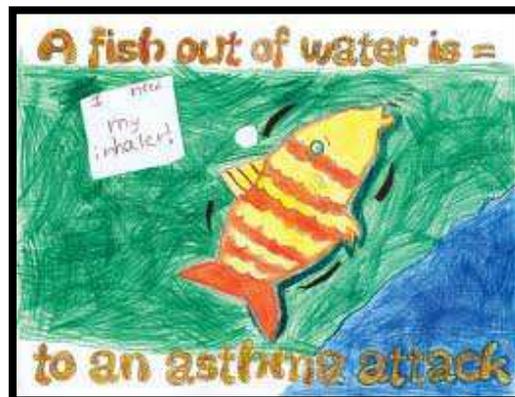




## Asthma Awareness Poster Contest

Do you or someone you know have asthma? Asthma is a serious, sometimes life-threatening chronic respiratory disease that can make it hard to breathe. It affects the quality of life of more than 25 million Americans, including an estimated 7 million children. Asthma is a leading cause of missed school days. Although there is no cure for asthma yet, it can be controlled through proper medical treatment and management of environmental triggers.

EPA is celebrating Asthma Awareness Month by hosting a poster contest. This provides an opportunity to raise asthma awareness, and help people learn how to effectively manage their asthma. An important component to comprehensive asthma management is identifying and avoiding environmental asthma triggers. Common triggers include mold, dust mites, secondhand smoke, pet dander, pests, chemical irritants, nitrogen oxide, wood smoke, and outdoor air pollution. Reducing exposure to these triggers may significantly reduce asthma symptoms. For more information on asthma, visit [www.epa.gov/asthma](http://www.epa.gov/asthma)



**Help raise awareness about asthma by submitting a poster illustrating various aspects of the condition!**

Possible Asthma Awareness Poster subjects can include but aren't limited to: Good asthma control and management, Avoiding asthma triggers, Physical activity and asthma, Asthma and the environment and Asthma medication.

Students in 3<sup>rd</sup> through 8<sup>th</sup> grade in Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin can participate. Individual artwork only please – no group projects.

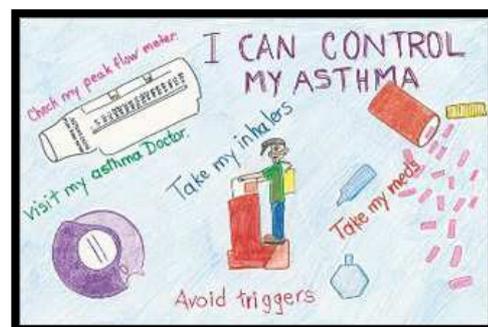
Also, only one entry per student!

### Requirements:

- The poster should be on 11 x 17 or 8.5 x 11 white paper
- The poster should be created with crayons, marker, paint, collage and/or computer graphics.
- The poster should not include names on front nor use copyrighted characters, i.e. Mickey Mouse.

### Judging:

- There will be two categories: 3rd-5th grade and 6th-8th grade.
- All students will receive a certificate of participation.
  - Each group will have a 1st, 2nd and 3rd place winner judged on:
    1. Originality, 2. Content Accuracy, 3. Visual Communication of Topic and 4. Reproducibility



### Deadlines:

Entries must be received in Chicago by May 10<sup>th</sup> 2013 therefore please have all entries given to Mrs. Matt in the Art Room by Wednesday May 8<sup>th</sup> 2013 so that she can mail them out before it is too late!