

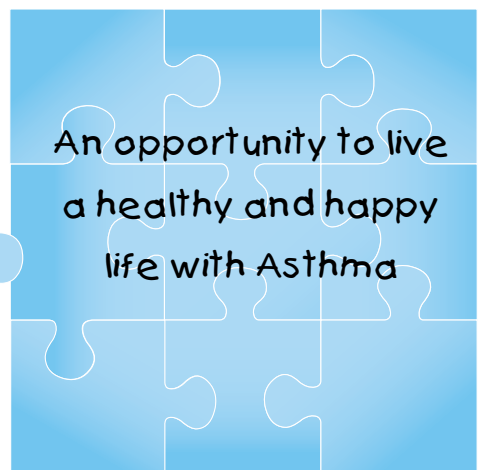
What are the Rights of the Child Living with Asthma?

All children around the world should have, or be able to have the same rights. These rights are provided for by the United Nations Convention on the Rights of the Child (UNCROC) 1989.

The United Nations recognises that as a child you should be fully prepared to live an individual life in society and be brought up in the spirit of happiness, love, understanding, peace, dignity, tolerance, freedom, equality and solidarity.

As a child with Asthma, you have the right “to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health”. It is the responsibility of the international community to ensure that countries “strive to ensure that no child is deprived of his or her right of access to such health care services”.

Children, young people and their families living with asthma and other chronic health conditions in low- and middle-income countries ask for help with five key action areas. Fortunately, UNCROC recognises these needs as the rights of children



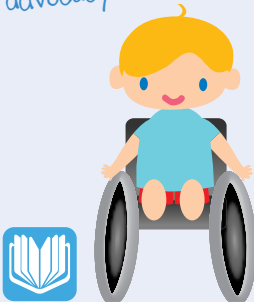
What do young people living with Asthma and their families ask for?

"We need affordable access to medicine and equipment"



- The inherent right to life (Article 6).
- Governments recognise that a child living with a mental or physical disability should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance and facilitate your active participation in the community ... and ensure access to health care services and rehabilitation services (Article 23).
- The right to the enjoyment of the highest attainable standard of health and facilities including the provision of necessary medical assistance and health care (Article 24).

"We need more education, research and advocacy"



- The right to express your views and be heard in judicial and administrative proceedings that affect your rights (Article 12).
- The right to information and material aimed at promoting your physical and mental health and to ensure appropriate guidelines to protect you from information and material that is injurious to your wellbeing (Article 17).
- The right to be informed, have access to education and be supported in the use of basic knowledge of child health and nutrition (Article 24).
- The right to education directed at the development of your personality, talents and mental and physical abilities to the fullest potential and the development of respect for human rights and fundamental freedoms (Article 29).
- Governments commit to making your rights in UNCROC available to you (Article 42).

"All kids need access to good quality health care"



- Governments shall ... ensure the development of institutions, facilities and services for your care (Article 18).
- Governments recognise that a child living with a mental or physical disability should enjoy a full and decent life...and opportunities in a manner conducive to you achieving the fullest possible social integration and individual development (Article 23).
- The right to a standard of living adequate for your physical, mental, spiritual, moral and social development... including through material assistance and support programs (Article 27).

CLAN (Caring & Living As Neighbours) is an Australian non-government organisation committed to equity for children and young people living with diabetes and other non-communicable diseases (NCDs) in low- and middle-income countries (LMICs). Families CLAN works with consistently request collaborative focus around five key pillars to help their children enjoy the highest quality of life possible. These five pillars are the intellectual property of CLAN.

Further information about CLAN's community development approach is available at www.clanchildhealth.org.

For more information on the United Nations Convention on the Rights of the Child (UNCROC) please visit www.unicef.org/crc

What do young people living with Asthma and their families ask for?

Your rights and responsibilities under the United Nations Convention on the Rights of the Child (UNCROC)

"Family support group meetings help us a lot"



- You and your family have the responsibility to help you learn to exercise your rights (Article 5).
- The right to freedom of association (Article 15).
- Governments recognise that a child living with a mental or physical disability should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance and facilitate your active participation in the community...and the right of the child living with a disability to special care, subject to available resources, for you and those responsible for your care (Article 23).

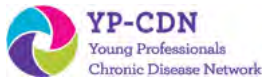
"We are poor - my family needs financial independence"



- Governments shall undertake all appropriate legislative, administrative and other measures for the implementation of the rights recognised in the present Convention ... to the maximum extent of their available resources and where needed, within the framework of international co-operation (Article 4).
- The right to benefit from social security, including social insurance (Article 26).
- The right to a standard of living adequate for your physical, mental, spiritual, moral and social development (Article 27).
- The right to education (Article 28).



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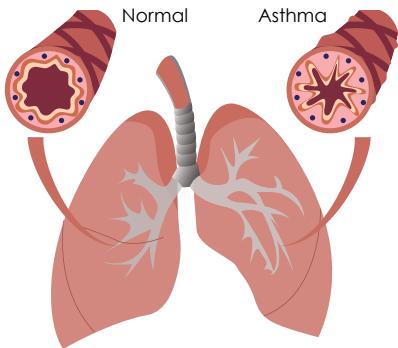


#EVERYchild
#Asthma

#LeaveNoChildBehind
#WorldNoTobaccoDay

#Access2Medicines
#WorldAsthmaDay

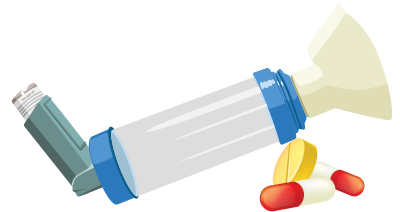
What You Need to Know About Asthma



Some children have Asthma. Asthma affects the lungs. You cannot 'catch' Asthma from other people.

An 'Asthma attack' happens when the lungs react very strongly and inappropriately to certain 'triggers', which cause the airways to become narrow and inflamed, making it hard to breathe.

Asthma attacks can range from mild to severe depending on how bad the symptoms are. Rarely, an Asthmatic attack can lead to death so it is important to take them seriously.



Asthma is treated with different types of medicines like inhalers, liquids or pills. Some medicines are used to stop symptoms quickly and should only be used once in a while ("relievers"); others are used to stop symptoms over a longer period of time ("preventers"). Almost all children with Asthma use an inhaler with a device called a 'spacer.'



There are some common triggers that often cause people to have Asthma attacks. They include: sudden changes in the weather, dust, pollen, furry animals and pets, smoke, exercise, and fragrances. It is very important that people who have Asthma do not smoke and that adults never smoke around children!

Every child with Asthma should have a personalised Asthma action plan which indicates what medicines the child should use at home each day, what warning symptoms to watch out for, what other medications to give a child whose symptoms are getting worse and when to take the child to hospital or call an ambulance.



Asthma that is not treated with the right medicines can prevent children from doing normal activities – like playing. It may make the children miss school and it also damages their lungs

Most children with Asthma are able to live normal lives and many even grow out of Asthma!