

“Fight”:60 Navajo

- Children: *Alch n yázh á nishli, ch'ée'h disdziih lé. Shiká'adloja go shich'i'á náhodii'bininaa.*
I'm just a kid and I've got asthma. But you can help me fight my attacks.
- AVO: Want to learn how you can fight childhood asthma? There are many things that you can do to prevent your child from future attacks. Don't smoke inside your house; take it outside, because second-hand smoke can trigger your child's asthma attack. Hey – it takes a lot of will power to quit smoking – but it can take a lot less to quit smoking in the house. Keeping your home smoke free can make a huge difference to a child with asthma because smoke can linger for a lot longer than you think.
- Children: *Háálá lóó' tóbáá istin doo awááhta ádanisinda.*
Cause I don't want to feel like a fish with no water.
- AVO: 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.

“Fish”:60 Navajo

(Also available as a :30)

- Children: *Lahda ch'ée'h 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'ée'h 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 one 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.

“Help Me”: 60 Navajo

- Children: *Shéé'eya Diné é nishl . Á hiih nish t . Naalán é báh shch n.*
I'm Dene from the Navajo Nation. And I've got asthma.
Mom, Dad, Grandma, Grandpa, I know that you want to 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 the car because second hand smoke triggers my asthma attacks. If you put my 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 attack.
- AVO: These are just a few of the many things that 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.