

Here's what you can do to prevent asthma flare-ups:

- ◆ Avoid asthma 'triggers,' or those things that cause your child's asthma to flare up.
- ◆ Help your child to use his or her inhalers and spacers correctly so that he/she gets the most benefit from the asthma medicines.
- ◆ Make sure that your child takes his/her 'long-term control' medicines daily, or as directed by your health care provider.
- ◆ Learn exactly what to do when a flare-up begins. With proper training, medication, and confidence, you can often handle a flare-up at home.
- ◆ Avoid smoking and exposure to smoke.
- ◆ Reduce your child's risk of colds and flu by encouraging frequent hand washing and getting your child a flu shot every year.

The information presented here is not intended to diagnose health problems or to take the place of medical care and information you receive from your physician or health care professional. If you have persistent health problems, or if you have further questions, please consult your physician or health care professional.

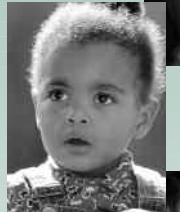


For more information on the Multnomah County Healthy Homes Program, call our hotline: 503-988-4247

place
stamp
here

Multnomah County Health Department
Environmental Health Section
Healthy Homes Program
3653 SE 34th Avenue
Portland, OR 97202

Is your home healthy for your **child** with **ASTHMA?**



If you have a child under the age of 6 who has asthma help is available



Multnomah County Healthy Homes Programs

Providing financial and home health support to identify, control, and reduce asthma triggers in your home

Call our hotline: 503-988-4AIR

What is the Multnomah County Healthy Homes Program?

This program provides families with financial support and educational information to help you improve the health of your home for your child with asthma.

Who's eligible?

Families with a child under 6 with asthma who are patients of any Multnomah County Health Department Primary Care Clinic.

What can you expect?

Four home visits and two telephone calls will be provided by a community health nurse, an environmental health specialist, and a community health educator. Based on your needs and goals, we will develop an action plan for your family and home so that you can manage your child's asthma in the best way possible.

Your Healthy Homes team will work with you for six months. You and your team will see how well your child's asthma is controlled and what asthma 'triggers' may exist in your home. To reach your health goals, we may give you information, referrals, allergen-free bed covers, minor home repairs, non-toxic cleaning supplies or other materials and assistance.



What will it cost?

If you have a child under 6 with asthma who uses a Multnomah County Health Department Clinic, this program is free for your family.

What can you do?

This program will work best if you take an active part in managing your child's asthma. Before you start the program, think about how ready you are to make the changes you need to take control of your family's health. Ask yourself if you could commit to four visits from us over a six month period. Talk with us about your experience in the program and contact us if you need to reschedule your home visit. Together we will be able to make your home healthier for your child with asthma.



How do I sign up?

1. Complete and mail us the tear-off form in this brochure or
2. Call the Healthy Homes Hotline at **503-988-4AIR (4247)** or
3. Email us at: HealthyHomes@co.multnomah.or.us

How can I get involved?

I want to:

- get more information
- register for the Healthy Homes Program

I prefer to be reached by:

- Email: _____
- Phone: _____
Best time to reach me: _____
Primary language: _____
- Mail: _____
Name: _____
Address: _____

Name of child with asthma: _____ Age: _____

How did you hear about the program?

What county health clinic do you use?

Name of primary care provider:
