

ASTHMA TRIGGERS

Asthma attacks can be caused by something that bothers the lungs. This is called an *asthma trigger*. There are many kinds of asthma triggers.

Americans spend up to 90% of their time indoors. Contact with indoor allergens and irritants may play an important role in triggering asthma episodes.

The most common indoor environmental asthma triggers are:

Smoking, including second hand smoke

Cockroaches

Dust mites

Mold and Mildew

Pets and other animals with fur or feathers

It is important to learn which triggers are a problem for your child. Once asthma triggers are known, you can take action to prevent asthma attacks.

Putting On AIRS

is a program of the following
Asthma Public Health Partners:

Northeast District Dept. of Health
(860) 774-7350

North Central District Health Dept.
(860) 465-3033

Eastern Highlands Health District
(860) 429-3325

Call today arrange for a
FREE
home visit!

Funded by the CT Dept. of Public Health and EPA in partnership with the Northeast District Department of Health, North Central District Health Department and Eastern Highlands Health District

PUTTING ON AIRS

*ASTHMA INDOOR
RISK STRATEGIES FOR
RESIDENTS OF
WINDHAM COUNTY
& SURROUNDING AREAS*



*SMALL CHANGES MAKE A
BIG DIFFERENCE*

What is *PUTTING ON AIRS*?

Putting on AIRS is a *free* program that helps you find what may be making your child's asthma worse. With your permission, trained staff from participating health departments check your home for things that may start asthma attacks. *You'll also receive free educational materials like mattress covers, pillowcases and spacers!*

★ WHO WILL CHECK MY HOME FOR ASTHMA TRIGGERS?

A health professional and an environmental health specialist will visit your home. They'll go over their findings with you and make suggestions to help you control your child's asthma. Most of the suggestions are simple and practical.

You can take part in *Putting on AIRS* if a doctor has said that your child has asthma.

It's free and available to residents in the following areas:

Northeast District

Brooklyn
Canterbury
Eastford
Hampton
Killingly
Plainfield
Pomfret
Putnam
Sterling
Thompson
Union
Woodstock

Eastern Highlands

Andover
Ashford
Bolton
Chaplin
Columbia
Coventry
Mansfield
Scotland
Tolland
Willington

North Central District Health Department

(NCDHD)
Ellington, Stafford, Vernon,
Windham/Willimantic
Somers residents may also call NCDHD



WHAT ELSE SHOULD I KNOW?

For asthma emergencies, always dial 9-1-1 or your doctor!

During the home visit, your asthma plan and medicines will be reviewed to help you understand how to better manage your child's asthma.

Putting on AIRS staff will share the findings and suggestions from their visit to your house with your doctor or nurse.



Call today to
arrange a *Putting
on AIRS* home visit
today!

