

Putting on AIRS

Asthma Indoor Risk Strategies



Communities Working Together
for Life and Breath



Asthma Triggers

Asthma flare-ups can be caused by triggers that bother the small airway passages. There are many factors that can make your asthma worse.

It is important to learn which are potential problems for you or your child. Once you determine which factors are causing flare-ups, you can take action to prevent asthma attacks.

You can help avoid asthma flare-ups by cutting down exposure to your 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:

- **Secondhand smoke**
(includes smoke from cigarettes, cigars, pipes, and marijuana)
- **Cockroaches**
- **Dust mites**
- **Molds**
- **Pets and other animals with fur or feathers**

Putting on AIRS is a program designed to help families identify and reduce in-home factors that can make asthma worse. With your permission, trained staff check your home for things that may cause an asthma flare-up.



I Can't Afford Costly Repairs!

Most suggestions are simple and practical, such as:

- Wash sheets and blankets once a week in hot water
- Do not let anyone smoke in the house
- Keep pets out of the bedroom

Who Will Visit My Home?

An asthma educator will visit you three times, one of which will also include an environmental specialist. Together they will review their findings and make suggestions on ways to help control asthma.

What Will Be Covered?

The asthma educator will review the asthma plan and medications, in addition to helping understand ways to manage asthma.

Putting on AIRS staff will share the findings and suggestions with your healthcare provider.

You should speak with your healthcare provider when you have questions, or when you have problems with your asthma.

How Much Will It Cost?

This program is provided as **NO COST** to you!

Putting on AIRS

serving the Greater Waterbury area

You can participate if a medical provider has diagnosed your child, or you, with asthma.

For more information or to make a referral, contact:
Region I Coordinator at 203-709-5716

www.trinityhealthofne.org/airs

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