



# ASTHMA HOME VISITING PROGRAM

A PROGRAM TO HELP YOU LEARN ABOUT ASTHMA AND MAKE YOUR HOME ASTHMA-FRIENDLY



## VISIT 1

Complete intake paperwork and learn more about asthma symptoms, triggers and medications



## VISIT 2

Walk through your home to identify asthma triggers, then set goals to reduce these triggers



## VISIT 3

Discuss progress on controlling your asthma and reducing triggers



*Our team is here to help if you have questions or need additional support.*

**FREE TOOLS**, such as cleaning supplies, mattress covers, spacers, etc., may be available to assist participants with ongoing asthma management.

**FREE**

**for St. Mary's County residents ages 2-18 with asthma**



**301-475-4330**

**[www.smchd.org/asthma](http://www.smchd.org/asthma)**