

ASTHMA HOME VISITS

- **Asthma home visits — low-cost interventions to improve asthma control.**
- The National Asthma Education and Prevention Program (NAEPP) of the National Heart, Lung, and Blood Institute (NHLBI) convened Expert Panels to prepare guidelines (EPR-3) for the diagnosis and management of asthma to help health care professionals bridge the gap between current knowledge and practice. The Guidelines include recommendations for Home-Based Interventions including asthma education for caregivers and allergen-control.

Asthma Triggers Control

The Expert Panel recommends multifaceted trigger education and control intervention. In addition, asthma trigger control studies have demonstrated the benefits of programs that provide multifaceted trigger control in the patient's home. However, further evaluation of cost-effectiveness and feasibility for widespread implementation is needed. Programs delivered in the home setting have been shown to be effective in reducing exposures to cockroaches, rodents, dust-mite allergens and associated asthma morbidity. These programs should be considered for asthma patients sensitive to those allergens.



www.ecogreenlove.com



ASTHMA TRIGGERS

Allergens

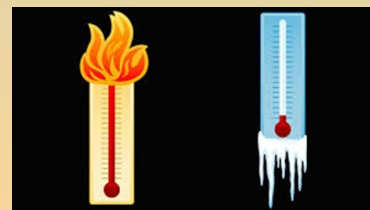
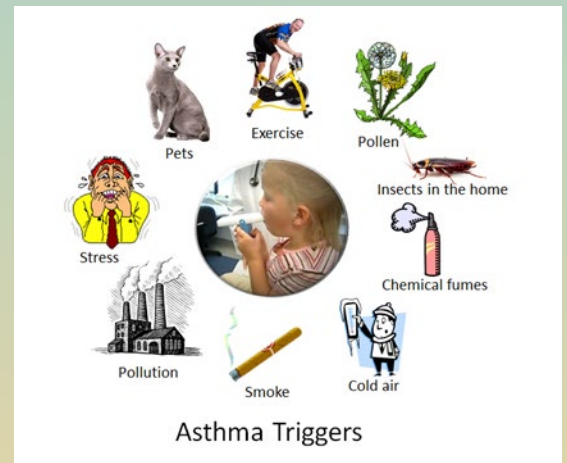
- Dust mites
- Animal dander
- Molds
- Pollen
- Cockroaches (carcasses/droppings)

Irritants

- Tobacco smoke
- Air pollution
- Any type of smoke
- Strong odors or fumes

Other triggers

- Viral and bacterial infections
- Extreme weather
- Strong emotions



EFFECTS OF SECOND-HAND SMOKE

Tobacco smoke is also one of the most common asthma triggers, putting the 1.6 million Floridians with asthma at risk for an attack. Secondhand smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.

Children with asthma are particularly vulnerable to secondhand smoke exposure. Approximately one in 9 children in Florida have asthma, and studies show that asthma affected children who are around secondhand smoke have more severe and frequent attacks.

Tips to reduce exposure to secondhand smoking:

- Keep the home and car smoke-free
- Only smoke outside with a designated smoking jacket
- If you live in an apartment complex and have neighbors that smoke, contact your landlord to see if there are options available to avoid secondhand smoke

Make a plan to quit smoking! Get help by visiting www.tobaccofreeflorida.com

Call Tobacco Free Florida at 1-877-U-CAN-NOW (1-877-822-6669)



ASTHMA HOME VISITING PROGRAM

A FREE PROGRAM TO HELP YOU LEARN ABOUT ASTHMA
AND MAKE YOUR HOME ASTHMA-FRIENDLY.
NOW OFFERING VIRTUAL HOME VISITS!

VISIT 1

Learn about asthma symptoms, triggers, medications, and inhaler technique.

Asthma Action Plan



Get Help!
Caution
Doing well



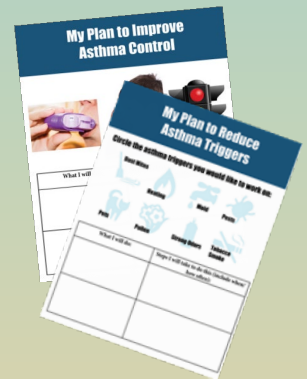
VISIT 2

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.



Call 1

You will get a phone call 6 months after completing visit 3 to talk about your questions or concerns.



Call 2

You will get a phone call 12 months after completing visit 3 to talk about your questions or concerns.

Program based in Miami-Dade County, Central Florida, and Gadsden County

For more information, contact
Florida Department of Health Asthma Program

cdprevention@flhealth.gov

850-245-4330



PROGRAMA DE VISITAS AL HOGAR PARA PERSONAS CON ASMA

Un programa gratuito que le ayudará a aprender sobre el asma y convertir su hogar en un ambiente saludable para personas con asma.

¡Ahora ofrecemos visitas virtuales!

VISITA 1

Aprenda sobre las síntomas del asma, las causas que lo provocan, los medicamentos, y el uso del inhalador.



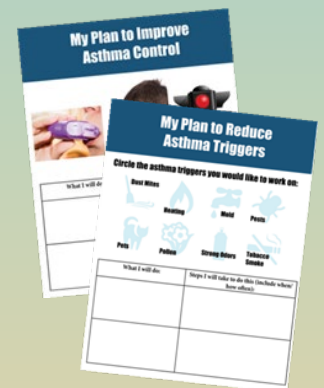
VISITA 2

Identifique los desencadenantes del asma en su hogar y encuentre las soluciones para reducirlos.



VISITA 3

Hable sobre el progreso acerca del control de su asma y como reducir las causas.



LLAMADA 1

Usted recibirá una llamada telefónica 6 meses después de completar la tercera visita para hablar de sus preguntas o preocupaciones.



LLAMADA 2

Usted recibirá una llamada telefónica 12 meses después de completar la tercera visita para hablar de sus preguntas o preocupaciones.

Programa disponible en el condado de Miami-Dade, área de Florida Central, y el condado de Gadsden

Para recibir más información contacte al Programa de asma del Departamento de Salud de Florida

cdprevention@flhealth.gov

850-245-4330

