



NEWS RELEASE Department of Public Health

CONTACT:

Abigail Ryan
HPP Program Coordinator
1-800-782-4264
Abigail.Ryan@dph.sbcounty.gov

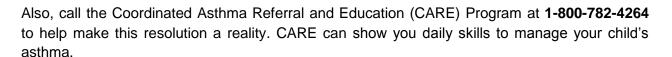
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Start the Year with an Asthma Action Plan



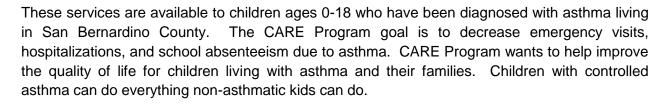
As winter continues, bringing cold and rainy weather, asthma symptoms increase. This increases hospital emergency room visits and school absenteeism for children living with asthma. This is the perfect time to make a new resolution to improve your family's health, particularly children with asthma. An Asthma Action Plan (AAP) is a personalized written plan that you develop with your doctor to help manage asthma. Ask your doctor for an Asthma Action Plan (AAP) as your child starts back to school this winter.





CARE Program provides the following FREE services:

- 1. Individualized asthma education to families and children
- Home environmental assessments to identify and reduce indoor and outdoor asthma triggers
- 3. Asthma management supplies including an air purifier, non-toxic cleaning material, mattress and pillow case covers



To get more information about the CARE Program or to enroll your child in the program, please call 1-(800) 782-4264, option 7 or visit our website at http://www.sbcounty.gov/dph/