



## NEWS RELEASE

Department of Public Health

**CONTACT:**

Abigail Ryan

HPP Program Coordinator

1-800-782-4264

[Abigail.Ryan@dph.sbcounty.gov](mailto:Abigail.Ryan@dph.sbcounty.gov)

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### Start the Year with an Asthma Action Plan

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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.

Also, call the Coordinated Asthma Referral and Education (CARE) Program at **1-800-782-4264** to help make this resolution a reality. CARE can show you daily skills to manage your child's asthma.

CARE Program provides the following FREE services:

1. Individualized asthma education to families and children
2. 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

These services are available to children ages 0-18 who have been diagnosed with asthma living in San Bernardino County. The CARE Program goal is to decrease emergency visits, hospitalizations, and school absenteeism due to asthma. CARE Program wants to help improve the quality of life for children living with asthma and their families. Children with controlled asthma can do everything non-asthmatic kids can do.

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/>