What is the Asthma Start?

Asthma Start is a NO COST program to the parents/guardians of children diagnosed with asthma, providing in-home case management services which address both the medical and psychosocial needs of families.

Who Qualifies?

A person is eligible to participate in the Asthma Start Program if ALL of the following requirements are met:

- Lives in Alameda County
- Is 0-18 years of age
- Has been diagnosed with asthma

Contact Information

For more information or to refer a client, please contact:

Alameda County Public Health Department
Chronic Disease Program
7200 Bancroft Avenue, #202
Oakland, CA 94605
510.383.5181 (office)
510.383.5183 (fax)

(Habla Español)
The Asthma Start Coordinators provide education and support to assist families in controlling their children's asthma. These services consist of 2-3 home visits within a 3-6 month time frame and include the following:

- Provide asthma education to parents/guardians (i.e. symptoms, triggers, prevention, medication, etc.).
- Develop goals & action plan.
- Conduct in-home inspections for asthma triggers (i.e. mold, pests, dust, etc.).
- Assist with housing, employment, and health insurance.
- Provide recommended household supplies (i.e. mattress and pillow encasings, non-bleach based mold cleaner, etc).
- Provide smoking cessation referrals for family members.

### Program Goals

- Prevent emergency room visits and hospitalizations related to asthma.
- Enhance awareness and understanding of asthma.
- Improve the ability of families to control the child’s asthma.
- Prevent missed days of work and school.

### Testimonials

“Our whole family is healthier because of the education, support, and supplies we received from the program.”

“This program has been extremely helpful not only with all of the written information I have received, but even more, I have gained valuable knowledge from the home visits with the program consultant.”

“This program is a great help for new parents of kids just diagnosed with asthma and don’t know how to control it.”

“After my Asthma Coordinator showed me the proper way to use the inhaler and spacer, my daughter’s asthma improved.”

### Asthma Symptoms

- Coughing
- Wheezing
- Shortness of Breath
- Chest Tightness
- Less Energy During Play