

## 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)



**Alameda County  
Public Health  
Department**

# ASTHMA START PROGRAM



*Informational Brochure for  
Preschools, Daycare, and  
Child Care Centers*

## Program Services

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.

## Asthma Symptoms

Coughing  
Wheezing  
Shortness of Breath  
Chest Tightness  
Less Energy During Play

## 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."*

