

Schedule your FREE home visit today!

The Asthma Education and Prevention Home Visit Program is a **FREE** service offered by the Florida Department of Health in Seminole County to help children and families gain control of their asthma.

Trained staff members will help you learn how to address asthma triggers at home, reduce asthma symptoms, and correctly use asthma medication.



For more information or to enroll, call 407-665-3032 or email Enid.Santiago-Cruz@flhealth.gov

Contact the Asthma Education and Prevention Home Visit Program

Florida Department of Health
in Seminole County
400 W. Airport Boulevard
Sanford, FL 32773

Se Habla Español

Phone: 407-665-3032

- or - 407-665-3096

Email: Enid.Santiago@flhealth.gov

Send referrals via email to:
SGCHD59IntMobHealthSvcs@flhealth.gov
or via fax to: 407-665-3058

Additional Resources

Florida Asthma Coalition

<https://floridaasthmacoalition.com/about-us/>

Asthma and Allergy Foundation of America

1-800-7-ASTHMA or 1-800-727-8462 www.aafa.org

Environmental Protection Agency: Coordinated Approach to Asthma

www.epa.gov/asthma

Centers for Disease Control and Prevention

www.cdc.gov/asthma

American Lung Association

<https://www.lung.org/>



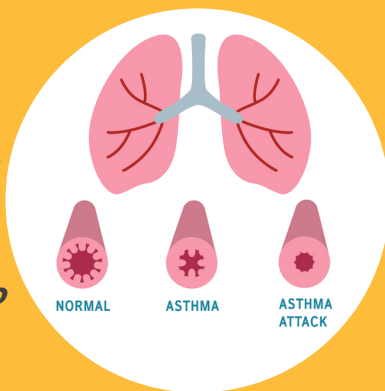
Asthma Education and Prevention Home Visit Program



Phone: 407-665-3032

What is asthma?

Asthma is a serious and sometimes life-threatening disease of the lungs that makes it hard to breathe.



Who is eligible for the home visit program?

- Any child ages 5-18 years old
- Resides in Seminole County
- Diagnosed with asthma



The program includes 3 home visits to:

- ▶ Conduct a home assessment to identify and help eliminate asthma triggers.
- ▶ Assess and increase family's knowledge about asthma.

You may have asthma if you:

- ▶ Have a history of reoccurring cough (especially at night), wheezing, shortness of breath, chest tightness, or difficulty breathing.



- ▶ Have symptoms that occur or worsen during exercise, viral infection, around animals with fur or feathers, dust mites, mold, smoke, pollen, chemicals, dust, changes in weather, or strong emotional expression.



- ▶ Have symptoms that occur or worsen at night, causing you to wake up.



Asthma home visits can help reduce asthma symptoms

Asthma home visits are conducted by a team of trained community health workers and health educators that can help:

- Reduce asthma triggers at home.
- Reduce asthma symptoms.
- Learn how to correctly use asthma medication.
- Miss fewer days of school or work.
- Learn about the benefits of an asthma action plan for work, home, and school.
- Work with doctors to help keep asthma under control.
- Reduce unwanted doctor visits and hospitalizations.



*Asthma home visit participants had **21** fewer symptom-days per year with **12** fewer school days missed annually.**

* www.thecommunityguide.org/asthma/index.html