



## **Putting on AIRS (Asthma Indoor Risk Strategies)**

### **Communities Working Together for Life and Breath**

*Putting on AIRS* is an asthma home-visiting program providing intensive asthma management, education, and environmental support for people with asthma that is poorly controlled. It is designed to help families identify and reduce in-home factors that can make asthma worse. With your permission, trained staff check your home for things that may cause an asthma flare-up. The goal of the program is to reduce acute asthma episodes and improve asthma control through recognition and elimination/reduction of environmental and other asthma triggers.

#### **How is it supported?**

The CDC's National Asthma Control Program (NACP) currently funds 25 state, territorial, and municipal partners, **including Connecticut**, to improve the reach, quality, effectiveness, and sustainability of asthma control services and to reduce asthma morbidity, mortality, and disparities by implementing evidence-based strategies through a 5-year cooperative agreement.

#### **Who is eligible for this program?**

All residents of Connecticut who have a family member(s), under the age of 18, who is experiencing uncontrolled asthma symptoms.

#### **Who will visit my home?**

An asthma educator will visit you three times, one of which will also include an environmental specialist. Together they will review their findings and make suggestions on ways to help control asthma.

Putting on AIRS staff consists of Asthma Educators (someone who specializes in understanding asthma symptoms and asthma medications), as well as an Environmental Specialist (someone who specializes in recognizing asthma triggers); and a Community Health Worker (CHW). The Community Health Worker provides families assistance in how to access services in the area that could address health inequalities, barriers, or gaps in getting access to proper healthcare.

#### **How will the educational sessions work?**

The asthma educator will review what an asthmatic airway looks like due to having asthma. This may be done by using illustrations, and/or model lungs. In addition, some of the other items discussed are the preferred way the medical provider directs the medications be taken, including how to clean and care for the inhaler and spacer. The environmental specialist will ask questions relating to asthma triggers, while they do a computer-generated walk through of your home to identify potential asthma triggers. Again, the Community Health Worker will ask about ways the

program can assist families with access to services in the area that could address health inequalities, barriers, or gaps in getting access to proper healthcare.

A written report is given to the family and medical provider:

- No- cost and no income restrictions
- Professionally Credentialed & Spanish-Speaking Staff

Together they will support you and your family in managing asthma symptoms. English and Spanish speaking staff are available to work with you and your family members.

### **What will be covered?**

The asthma educator will review the asthma plan and medication, in addition to help understand ways to manage asthma.

Putting on AIRS staff will share the findings and suggestions with your healthcare provider.

You should speak with your healthcare provider when you have questions, or when you have problems with your asthma.

### **How much will it cost?**

This program is provided at **NO COST** to you!

### **Asthma Triggers**

Asthma flare-ups can be caused by triggers that bother the small airway passages. There are many factors that can make your asthma worse.

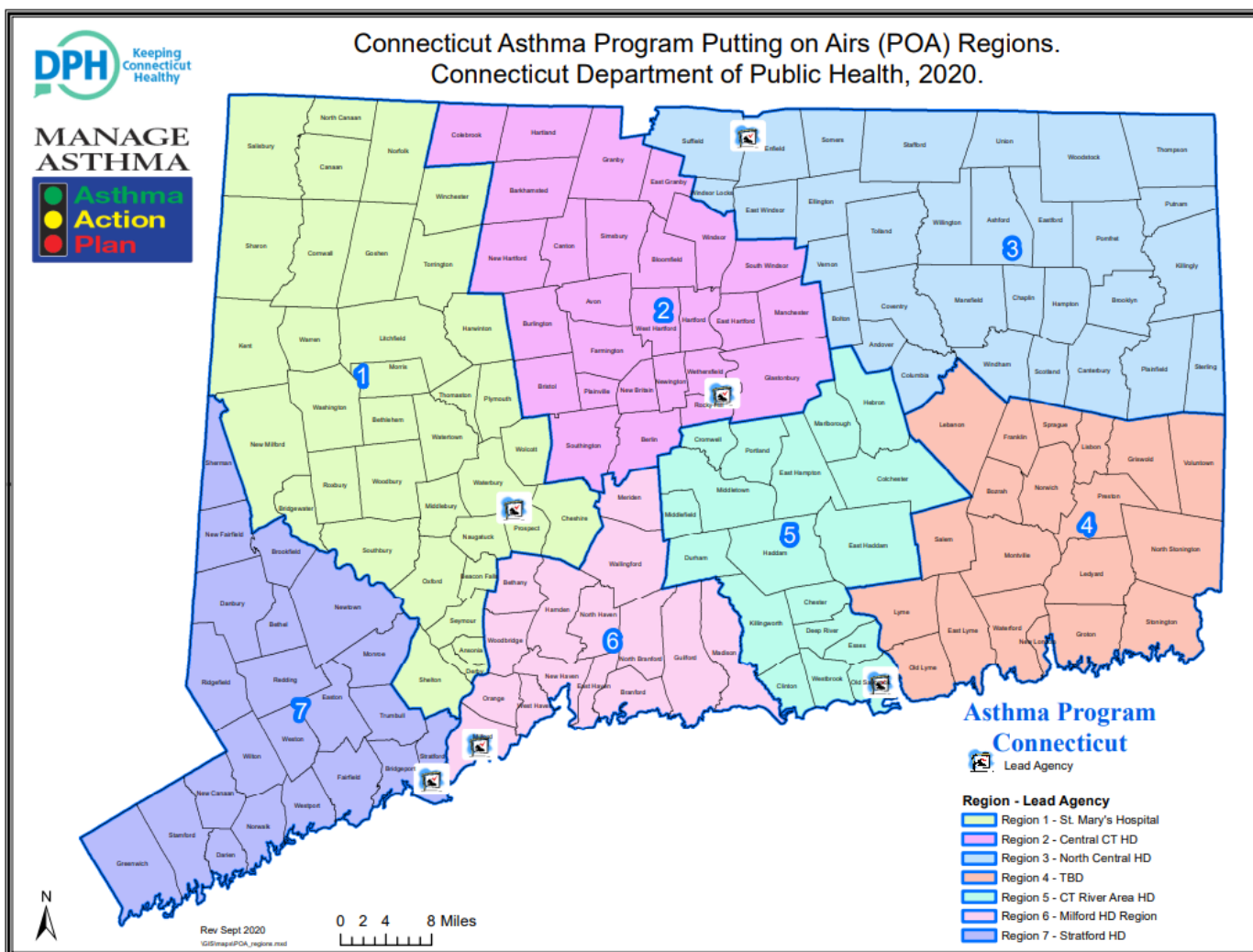
It is important to learn which are potential problems for you or your child. Once you determine which factors are causing flare-ups, you can take action to prevent asthma attacks.

You can help avoid asthma flare-ups by cutting down exposure to our triggers.

Americans spend up to 90% of their time indoors. Contact with indoor allergens and irritants may play an important role in triggering asthma episodes.

The most common indoor environmental asthma triggers are:

- Secondhand smoke (includes smoke from cigarettes, cigars pipes, and marijuana)
- Cockroaches
- Dust mites
- Molds
- Pets and other animals with fur or feathers



**\*\*Regions 3 (North Central District Health Department) and 5 (CT River Area Health District) NO LONGER OFFER SERVICES.**