



Northeast District Department of Health

69 South Main Street, Unit 4, Brooklyn, CT 06234
860-774-7350 / Fax 860-774-1308 www.nddh.org

Putting on AIRS (Asthma Indoor Risk Strategies)

AIRS is a free program offered by the Northeast District Department of Health (NDDH) that helps find what may be triggering a child's asthma symptoms in the home. Asthma attacks can be caused by something that bothers the lungs. This is called an *asthma trigger*. Once asthma triggers are known, action can be taken to prevent asthma attacks.

With parental permission, trained NDDH staff visit the home to help parents identify asthma triggers and develop a plan to better manage their child's asthma. Many of the suggestions are simple and practical.

In addition to educational training and materials, NDDH provides **free spacers and allergy-reducing mattress and pillow protectors**. The health department has received excellent feedback from the families who have participated in AIRS assessments.

There are a few openings for in-home assessments for this grant year, which ends August 2010. Once these slots are filled, NDDH will establish a waiting list for interested participants when AIRS assessments resume in September, 2010.

While the primary focus for AIRS is on children with asthma, the program has recently been expanded to include adults with asthma.

Please share this information with families who could benefit from "Putting on Airs."

Contact NDDH directly at 860-774-7350 for more information or to schedule an appointment.

This multi-year program is grant-funded by the Connecticut Department of Public Health/Bureau of Community Health and the Environmental Protection Agency.