

# Is your asthma out of control?!



*Using your rescue inhaler frequently? Missing school or work due to asthma?  
Hospitalized or an emergency room visit in the last 6 months due to asthma?*

Ask your health care provider about  
an *Asthma Action Plan* and a referral  
to the **FREE Putting on AIRS**  
asthma intervention program!

- ★ Shown to reduce school absenteeism and lost days at work ★
- ★ Proven to reduce asthma symptoms ★

*A **FREE** home assessment will identify things that may be triggering attacks or making asthma worse.  
**FREE** educational and training materials will help you develop a plan to better manage asthma.*

For more information:  
North Central District Health Department  
31 North Main Street  
Enfield, CT 06082  
860-745-0383 • [www.ncdhd.org](http://www.ncdhd.org)

