

Is your **ASTHMA** Out of **CONTROL**?!



(<https://www.cdc.gov/asthma/>)

Ask your health care provider about 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

Tricia Sedelow BSN, RN-BC, Program Coordinator

North Central District Health Department

(860) 745-0383

tsedelow@ncdhd.org

