

This is new!

Asthma Management Program






The Jones County Health Department has an asthma management program that includes home visits to find what could be triggering your child's breathing problems. While supplies last, you and your child will be given products to help reduce contact or exposure to the asthma triggers.

- ✚ Mattress & pillow case covers,
- ✚ Chemical-free cleaning supplies,
- ✚ Humidity readers, and
- ✚ Other products based on symptoms and need (for example, plastic storage boxes, roach bait, or an HEPA filter vacuum cleaner).

For more information and to enroll in the program, talk to your child's healthcare provider, the school nurse, or call the Jones County Health Department at (252) 448-9111 extension 3017

Goals of Asthma Management

When your child's asthma is in control, you should expect him or her to:

-  Be symptom-free all or most of the time
-  Enjoy being physically active without asthma symptoms
-  Not miss school or work because of asthma symptoms (you shouldn't miss work either)
-  Sleep through the night without asthma symptoms
-  Not use the "rescue" or quick-relief" inhaler or have an emergency nebulizer treatment more than twice a week or more than 3-4 times per day



Breathing Should Be Easy!
Asthma Coalition of Eastern Carolina
Jones County Health Department
(252) 497 - 8989

Managing Children's Asthma

Jones County Health Department



"Serving the Public Health Needs of Jones County, North Carolina"

418 Hwy 58 North
Trenton, NC 28585
252-448-9111

www.jonescountyhealth.com



Funded through an EPA grant to Advance Evidence-based In-Home Asthma Interventions

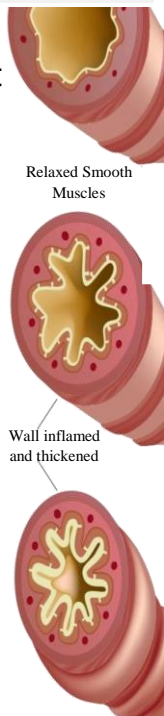
What is Asthma?

✚ Asthma is a chronic disease of the airways. It's when air can't get into your lungs and you have trouble breathing.

✚ Chronic means that asthma never goes away; however, the symptoms can be treated, and controlled, with medications.

Tips to decrease asthma symptoms

- ✚ Never smoke in the house/car
- ✚ Wash sheets weekly in hot water
- ✚ Keep window closed to keep pollen out of the house
- ✚ Keep pets out of bedrooms
- ✚ Have a yearly asthma check-up with your child's doctor to review medications, peak flows, and asthma management plans
- ✚ Have an annual flu shot



What Triggers Asthma Attacks?

- ✚ Dust mites
- ✚ Pets
- ✚ Cockroaches
- ✚ Cigarette smoking
- ✚ Odors
- ✚ Mold
- ✚ Pollen
- ✚ Exercise
- ✚ Colds or Flu
- ✚ Weather
- ✚ Medication
- ✚ Stress

Signs & Symptoms of Asthma

- ✚ Wheezing
- ✚ Coughing
- ✚ Trouble playing, talking or walking
- ✚ Chest tightness
- ✚ Shortness of breath
- ✚ Waking up at night coughing

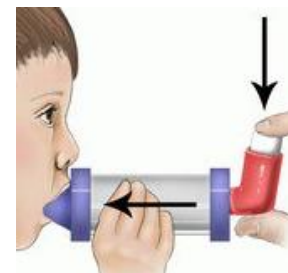
Asthma Medications

✚ Always take medications like the doctor tells you! Some medicines treat an attack (rescue), some help recover from an attack (controller).

✚ All children should use a spacer with their inhaler.

Rescue Medicines

- ✚ Albuterol
- ✚ Proventil
- ✚ Xopenex



Controller Medicines

- ✚ Flovent
- ✚ Pulmicort
- ✚ Q-Var
- ✚ Singulair

*Asthma can be managed !
Call the Jones County Health
Department at (252) 448-
9111 extension 3107 or talk
to your child's health care
provider to find out how!*

*These medicines are only a few
of the most common used to
treat asthma. Your child may
take different medicines.*