

Prevent asthma attacks :

Learn about your child's medicine

Learn how to give the medicine

Find the causes (triggers) for your child's asthma attacks

Meet with an Asthma Start staff for more ideas Call (510)383-5181



“Almost all asthma patients can become free of symptoms with proper treatment. Patients and their families should expect nothing less.”*

*National Institutes of Health: National Education and Prevention Program,1991

Asthma Start Program
Alameda County Public Health
Department
Health Care Services Agency
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**For more information
Please call:**

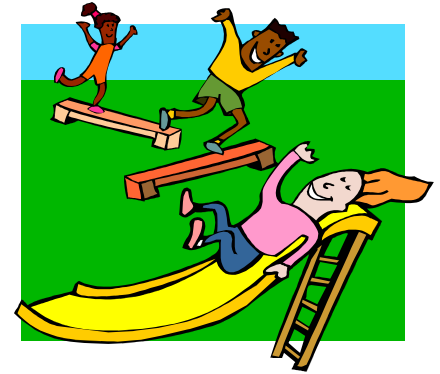
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Revised 5/26/09



All children deserve to
run and play.

The
Asthma Start
Program

Working with
families of
children with
asthma.

What we do:

Educate

Give information about asthma and medicines

Find out what causes or triggers your child's Asthma attacks:

Cigarette smoke

Colds

Mold

Pets

Fragrances

Cockroaches

Exercise

Plan Together

Work with families to plan actions to improve child's asthma

Work Together

Connect families with other agencies working on asthma



Who is eligible:

Children under age 18 diagnosed with asthma

Who live in Alameda County



Asthma Facts

Asthma is the leading cause of hospital stays for young children in Alameda County.

Asthma can cause:

Missed days of child care

Missed play time

Missed work for parents

Sleepless nights

What is Asthma?

Asthma is a disease that affects the lungs.

During an asthma attack

Muscles in the lungs tighten

Airways become swollen

Too much mucus is produced in the lungs

Airways become narrow

A Person with asthma can have:

Coughing

Wheezing

Difficulty breathing

