



The **Healthy Homes Program** is a coordinated response to preventing serious illness among children with asthma. The program builds on the work of the Healthy Alamance Child Asthma Coalition.

The **Healthy Alamance Child Asthma Coalition** was formed in 2001 to improve the health and well-being of asthmatic children and their families by providing education, fostering collaboration and strengthening resources.



**Contact** the Environmental Health Section of the Alamance County Health Department at 336-570-6367 or visit [www.alamance-nc.com](http://www.alamance-nc.com) to schedule a consultation in your home.

If you would like to volunteer with the coalition, visit [www.healthyalamance.com](http://www.healthyalamance.com)



Committed to Protecting and Improving the Public's Health in Alamance County



## Alamance County Healthy Homes





The **Healthy Homes Program** is based on the knowledge that good child health begins at home. When requested, a Registered Environmental Health Specialist will visit you in your home, assess conditions that may trigger an asthma attack in your child, and provide detailed written action steps you can take to lower the risk of an attack.

They are also able to demonstrate and provide a bucket kit containing asthma-friendly mattress covers, cleaning tools, and supplies or loan a HEPA filter vacuum.

Learning what may trigger your child's asthma and taking action in reducing those triggers are important part of an effective **Asthma Action Plan**.



**Asthma** is the most common disease in school aged children in Alamance County and the leading reason children miss school.

Almost a third of all children have visited the emergency department or urgent care center in the past year because of their asthma.

Asthma is a chronic disease that can make it hard for your child to breathe. In a person with asthma, tubes that carry air to his or her lungs swell and/or tighten. This causes the lungs to feel tight and makes it hard to breathe. Sometimes, a child with asthma may have a wheezing or whistling sound or cough when trying to catch his or her breath.

Asthma cannot be cured, but it can be controlled. An **Asthma Action Plan** includes taking medication as directed by your doctor, avoiding triggers, and knowing your child's warning signs.

## Avoid asthma triggers

- \* Keep your home smoke-free
- \* Keep pets out of your and your child's bedroom
- \* Keep your and your child's bedrooms as dust-free as possible
- \* Fix water leaks and avoid moisture problems
- \* Use mattress covers to control dust mites
- \* Avoid pest problems through good housekeeping
- \* Do not leave food or garbage out
- \* Clean all food crumbs or spilled liquids right away

### Alamance County Health Department

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