



Free Asthma Assistance and Resources

What is asthma?

Asthma is one of the most common lifelong chronic illnesses. Asthma is most often experienced as wheezing, breathlessness, chest tightness, and coughing. There is no known cure, but symptoms can be treated and managed.

Common asthma TRIGGERS

Although the actual cause of asthma is not known, many of its triggers have been identified.



Secondhand Smoke

The smoke from cigarettes and cigars.



Pets

A pet's skin flakes, urine, and saliva.



Mold

The mold that grows on damp materials.



Household Pests

The droppings and body parts of roaches and rodents.



Dust Mites

The dust mites that live in mattresses, pillows, carpets, and stuffed toys.

HEALTHY Homes Program

The Healthy Homes Program addresses home safety, childhood diseases such as asthma, and environmental hazards like lead, allergens, carbon monoxide, pesticides, and radon.

The program offers:

- asthma assessments; including in-home, phone, and virtual options;
- individual family consultation services on asthma-management methods;
- group training and education for parents and caregivers; and
- resources to improve the home health environment.

www.KnowAsthmaSTL.com

Saint Louis
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