



ST. MARY'S COUNTY  
HEALTH DEPARTMENT

# Asthma Program

Sareka Butler

Asthma Program Community Coordinator

# Program Goals

- Reduce home exposure to multiple indoor asthma triggers (allergens and irritants) for children who are *Medicaid & Private Insurance* recipients (ages 2-18) with asthma by providing durables to decrease exposure.
- Provide 3-6 home visits giving general asthma education *within the home setting* for families of children with asthma and Allergies.
- *Promote smoking cessation* for persons living in a home occupied by a child/adolescent with asthma
- Promote the *utilization of written asthma action plans* by children with asthma, their primary care providers, and school nurses
- Decrease number of emergency department visits, hospitalizations, missed school days, and courses of oral steroids due to asthma
- We are still *recruiting and exploring outreach opportunities* to educate the community about the program and what it offers.

# Home Visit Program

**Visit 1** : Complete Intake paperwork and learn more about asthma symptoms triggers and medications

**Visit 2**: Walk through your home to identify asthma and Allergen triggers and set goals to reduce these triggers

**Visit 3**: Discuss progress on controlling your asthma and reducing triggers

**Visit 4**: Discuss progress on controlling your asthma and reducing triggers

## ASTHMA HOME VISITING PROGRAM

A PROGRAM TO HELP YOU LEARN ABOUT ASTHMA  
AND MAKE YOUR HOME ASTHMA-FRIENDLY



### VISIT 1

Complete intake paperwork  
and learn more about asthma  
symptoms, triggers and  
medications



### VISIT 2

Walk through your home  
to identify asthma triggers,  
then set goals to reduce  
these triggers



### VISIT 3

Discuss progress on  
controlling your asthma  
and reducing triggers



*Our team is here to help  
if you have questions or  
need additional support.*

**FREE TOOLS**, such as cleaning  
supplies, mattress covers,  
spacers, etc., may be available  
to assist participants with  
ongoing asthma management.

**FREE** for St. Mary's County residents  
ages 2-18 with asthma



**301-475-4330**

[www.smchd.org/asthma](http://www.smchd.org/asthma)

# Durables

- Educational Resource Binder
- HEPA filter Vacuum
- Bucket Mop
- Cleaning Supplies
  - Simple Green Spray
  - Vinegar
  - Baking Soda
  - Microfiber Cloth
  - Sponges
  - Paper Towels
  - Rubber Gloves
- Dish Soap
- Laundry Detergent



- Mattress and Pillow Covers
- Medicine Bags
- Door Mats
- Microfiber Duster
- Roach Traps
- Combat Ant Killer

# Contact the Health Department: 301-475-4330 Ask for the Asthma Program



ST. MARY'S COUNTY  
HEALTH DEPARTMENT

## DOES YOUR CHILD HAVE ASTHMA?

Schedule a  
**HOME VISIT**  
and receive:

- ✓ Mattress cover
- ✓ Pillow cover
- ✓ Spacer for inhaler
- ✓ Mask for nebulizer
- ✓ Tips and resources

**FREE** for St. Mary's County  
residents ages 2-18 with asthma

**301-475-4330**  
[www.smchd.org](http://www.smchd.org)

# CONNECT WITH US!

## [Asthma Control Program Referral Form](#)

### Sareka Butler

- [Sareka.Butler@maryland.gov](mailto:Sareka.Butler@maryland.gov)
- 301-475-4356

### Stephanie Thomas

- [Stephanie.Thomas@maryland.gov](mailto:Stephanie.Thomas@maryland.gov)
- 301-475-4363

