

**DOES YOUR CHILD
have asthma,
take medications for asthma,
miss school due to asthma,
cough when playing and exercising,
visit the emergency room
because of asthma?**

**THIS FREE PROGRAM
CAN HELP YOU AND YOUR CHILD!**



**We have
Interpreters in
many languages to
assist our Peer
Educators on
home visits**

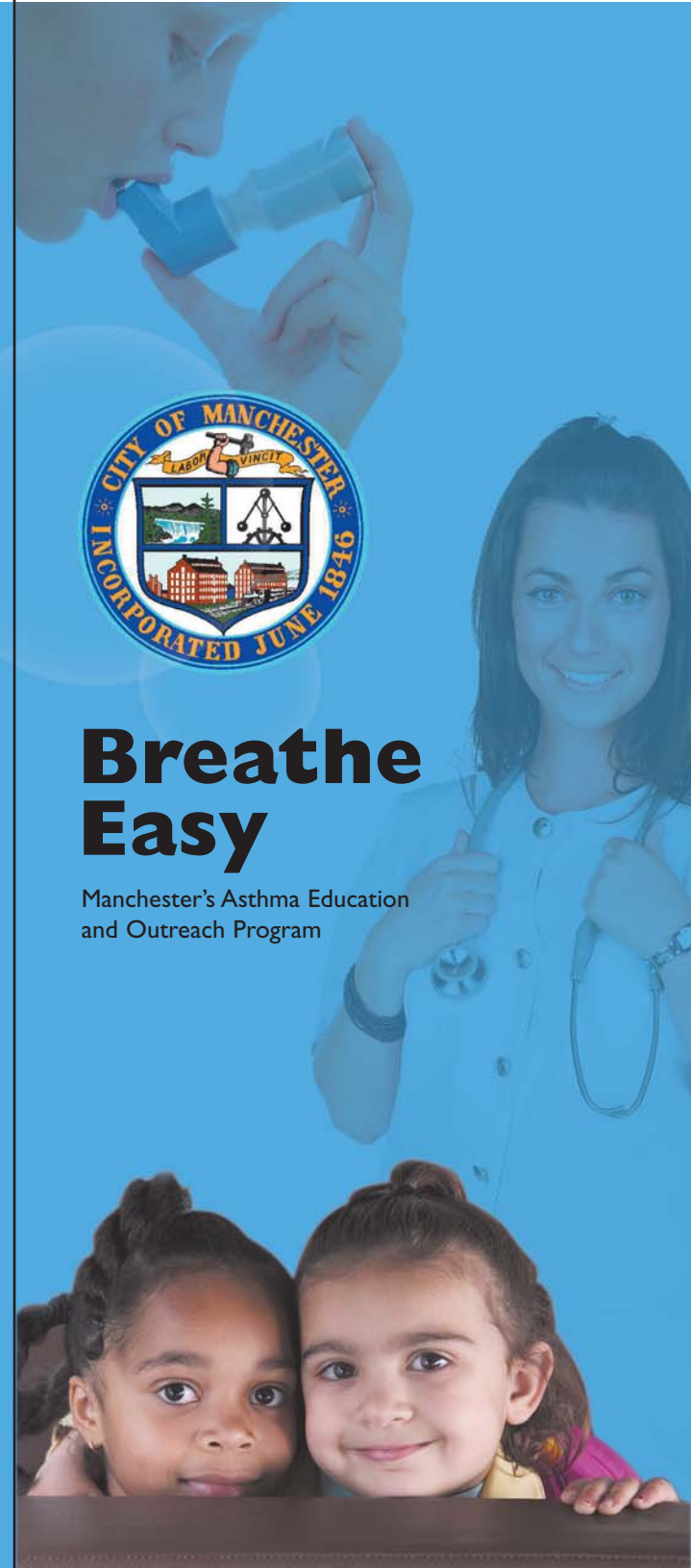
Established in 1885, the City of Manchester Health Department's goal is to improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

The City of Manchester Health Department offers many other health promotion programs and prevention services for Manchester residents. For more information about these programs/services, please visit our website at www.manchesternh.gov/health or call 624-6466.



City of Manchester
Health Department
1528 Elm Street
Manchester, NH 03101
Phone: 603-624-6466
Website: www.manchesternh.gov/health

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Breathe Easy

Manchester's Asthma Education and Outreach Program

The City of Manchester Health Department, in collaboration with other community agencies, has developed the **Manchester Asthma Education and Outreach Program** to provide families with education and outreach services in the home setting for children age 1-18 years who have been diagnosed with asthma.

Asthma is a chronic disease that often requires daily attention. Our Asthma Peer Educators are trained by a Registered Nurse to assist families in understanding how to manage their child's asthma, their child's asthma medications, and how the environment can effect asthma. Most importantly, the Asthma Peer Educators can help you to get your child's asthma under control.

Why should I sign-up for this FREE program?



- 1** An Asthma Peer Educator will come to your home at a convenient time, and develop a plan with you and your child on how to improve their asthma.
 - We will teach you about your child's medicines.
 - We will talk about asthma action plans, and how they can help your child's asthma.
 - We will identify common asthma triggers in your home.

We will provide you with the items you need to help get your child's asthma under control, such as mattress and pillow case covers, a peak flow meter, and/or allergen-free cleaning supplies.

2

- 3** We will also work closely with your child's doctor and school nurse.



How do I sign-up?

It's easy!

Just talk to your child's school nurse. They will ask you to sign a release of information form, and they will send it to our Program Manager at the Manchester Health Department OR call the Manchester Health Department and ask to speak with the Asthma Program Manager.

Contact Information: Manchester Health Department Asthma Program Manager

1528 Elm Street
Manchester, NH 03101

Phone: (603) 624-6466
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