

**For  
Families**

# ROOM2BREATHE

ENROLL FOR ASTHMA CONTROL!

Room2Breathe is a **FREE** asthma program. When families enroll, a community health worker will visit them at home and provide:

- Asthma education lessons
- Tips to identify and reduce asthma triggers
- Free supplies: Mattress & pillow covers, spacers for inhalers, cleaning supplies, and more...
- Free Integrated Pest Management services
- Up to 7 home visits over a 1-year period

*Services are available in English and Spanish;  
language interpretation services are also available*

***Tell your doctor if you would like to join.***

## Inscríbese para controlar el asma

- Clases educativas sobre el asma
- Consejos para identificar y reducir los factores desencadenantes del asma en el hogar
- Productos gratuitos: fundas para colchones y almohadas, cámaras para inhaladores, productos de limpieza, etc.
- Servicios gratuitos de control de plagas (en caso de ser necesario)

***Dígale a su médico si desea unirse.***