

Take Action

- Talk with your health care provider about your asthma symptoms, triggers, medication and side effects during routine medical visits
- Identify and avoid asthma triggers that cause you symptoms or asthma "attacks"
- Avoid using tobacco and being around others who do
- Take medications as prescribed by your doctor
- Work with your doctor to create an Asthma Action Plan - these plans include information about your daily treatment, medications, short and long-term control measures, as well as explains when to seek medical treatment
- Ensure you always have immediate access to quick-relief medications

Scan to request an
environmental
home assessment:



Helpful Resources

- Daily Air Quality Forecasts: IDEM Smog Watch at www.in.gov/idem/airmonitoring/smogwatch
- Help with Tobacco Cessation: Indiana Tobacco Quitline, 1-800-QUIT-NOW (800-784-8669) or QuitNowIndiana.com
- Find a Health Center: Health Resources and Services Administration at findahealthcenter.hrsa.gov
- IDOH Local Health Department Map and Contacts: www.in.gov/health/lhd

www.asthma.in.gov



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**Asthma
Environmental Home
Visit**

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Indiana
Department
of
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About the Program

The Indiana Department of Health (IDOH) Asthma Environmental Home Visit Program is a free program designed to assist families of children with poorly controlled asthma in identification of common household environmental triggers and provide education on how to reduce exposure to these triggers.

Program Eligibility:

To qualify, the child must:

- Have a current diagnosis of poorly controlled asthma
- Currently reside in a home that is either owned, or rented with a current lease
- Have a physician's statement recommending the home visit
- This service is **completely free** for qualifying families
- There are **no income requirements** or additional documentation needed beyond the physician statement



Requesting the visit

The parent, or caregiver, of the child can fill out a request online. Once the request is received, the IDOH asthma environmental manager will contact the family to gather additional information and schedule the visit.



During the Visit

The Environmental Manager will walk through the home with a family member using the EPA Asthma Checklist for Home Visitors.



The home assessment typically lasts 30 minutes to an hour, depending on the size of the home and the family's questions.

After the Visit

After the visit, the completed checklist and any discussed resources or recommendations will be emailed to the family for possible follow-up with their healthcare provider.

Please note: Air sampling and mold testing are not provided through this service. Please reach out to the IDOH for further assistance at 317-232-0457.

Environmental Trigger Management

Adults and children with asthma, their families, and caregivers can reduce the amount of environmental triggers they are exposed to in the home by:

- Turning on an exhaust fan that vents to the outside when cooking using a stove or oven, or while bathing in the bathroom
- Using mattress and pillow covers made to control dust mites
- Regular use of an air cleaner or purifier
- Regular use of a dehumidifier to reduce moisture
- Not allowing pets in bedrooms to reduce exposure to pet dander
- Vacuuming regularly with a HEPA filter vacuum

