Prevent asthma attacks:

Learn about your child’s medicine

Learn how to give the medicine

Find the causes (triggers) for your child’s asthma attacks

Meet with an Asthma Start staff for more ideas Call (510)383-5181

“Almost all asthma patients can become free of symptoms with proper treatment. Patients and their families should expect nothing less.”*

*A National Institutes of Health: National Education and Prevention Program, 1991

For more information Please call:

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What we do:

Educate
Give information about asthma and medicines

Find out what causes or triggers your child’s Asthma attacks:
Cigarette smoke
Colds
Mold
Pets
Fragrances
Cockroaches
Exercise

Plan Together
Work with families to plan actions to improve child’s asthma

Work Together
Connect families with other agencies working on asthma

Who is eligible:
Children under age 18 diagnosed with asthma
Who live in Alameda County

What is Asthma?
Asthma is a disease that affects the lungs.

During an asthma attack
Muscles in the lungs tighten
Airways become swollen
Too much mucus is produced in the lungs
Airways become narrow

A Person with asthma can have:
Coughing
Wheezing
Difficulty breathing

Asthma Facts
Asthma is the leading cause of hospital stays for young children in Alameda County.

Asthma can cause:
Missed days of child care
Missed play time
Missed work for parents
Sleepless nights