



Utah Asthma Home Visiting Program

In this **free** program, you will work with a health educator to learn about asthma and make your home asthma-friendly. Offered only in Salt Lake and Utah Counties.

Visit 1  You will learn more about asthma symptoms, triggers, medications, and inhaler technique.

↓ 2-3 weeks

Visit 2  You will walk through your home to identify asthma triggers, then set goals to reduce these triggers.

↓ 4-6 weeks

Visit 3  You will discuss progress on controlling your asthma and reducing triggers.

↓ 6 months

Call 1  You will get a phone call 6 months after completing visit 3 to talk about your questions or concerns.

↓ 6 months

Call 2  You will get a phone call 12 months after completing visit 3 to talk about your questions or concerns.

Participants will receive \$50 in Smith's gift cards (\$10 per visit/call) for completing the program.

For more information, contact
 Salt Lake County Health Department (385) 468-4085
 Utah County Health Department (801) 851-7509