

# FREE Asthma Materials from the Center for Environmental Health



**NEW! Have Asthma? Take a Look Around You brochure and Trigger Tracker tool.** This brochure helps people with asthma identify asthma triggers and offers practical ideas for reducing exposure to indoor and outdoor triggers. It was developed by clinical and environmental health professionals with input from literacy teachers and students. Its easy-reading presentation has plenty of pictures and ideas for reducing asthma episodes. The *Key Questions* and *Trigger Tracker* sections of this brochure are also available as a stand-alone tool for patients to use with their health care providers. The brochure and companion tools are available in English and Spanish.



**Working Together Asthma brochure series.** These three brochures were developed with input from asthma patients and health care professionals about important messages for managing asthma. They are intended for patients and health care professionals to use together to improve their partnership in managing asthma. Order **Managing Asthma**, **Peak Flow Meters and Logs** or **Environmental Asthma Triggers** individually or as a set.



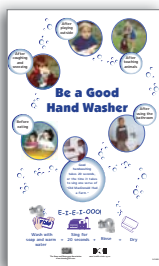
**Is Your Asthma Work-Related?** This brochure provides information about work-related asthma and suggests action steps for people to control their asthma in different work environments.

View these and other asthma materials at [www.nyhealth.gov/diseases/asthma/brochures.htm](http://www.nyhealth.gov/diseases/asthma/brochures.htm)

## A Few Other Publications that Might be of Interest ...



**Reducing Environmental Exposures: The Seven Best Kid-Friendly Practices.** This 12-page booklet provides practical advice for reducing exposures to some commonly-used chemicals and hazardous substances. Use this guide at home or school to create a healthier environment for children and adults. Includes a list of reference publications. Available in English and Spanish.



**Be A Good Hand Washer poster.** This laminated poster is a great tool for young children to help teach good handwashing. Available in English and Spanish.



**Good Handwashing static cling.** Stick this small, removable cling on bathroom mirrors and other hard surfaces to help reinforce good handwashing. Available in English and Spanish.

ORDER FORM ON BACK

# FREE Asthma Materials from the Center for Environmental Health

Please fill out this form and circle quantities so that your request for materials can be processed. For different quantities, please contact New York State Department of Health Center for Environmental Health by phone at (800) 458-1158 or by email at [ceheduc@health.state.ny.us](mailto:ceheduc@health.state.ny.us).

**RETURN TO:** New York State Department of Health  
 Distribution Center  
 21 Simmons Lane  
 Menands, New York 12204  
 Fax: (518) 465-0432  
 Email: [b0019w@health.state.ny.us](mailto:b0019w@health.state.ny.us)

**DATE:** \_\_\_\_\_

**NO POST OFFICE  
 BOXES PLEASE**

**SHIP TO:** Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Shipping Address: \_\_\_\_\_  
 \_\_\_\_\_

Phone number: (     ) \_\_\_\_\_

Check this box for a copy of the New York State Department of Health Publications Catalog (#4208)

Title	Pub #	Description	Language	Quantity		
<b>Have Asthma? Take a Look Around You</b> (BROCHURE)	4990	<b>NEW!</b> Designed to help people with asthma identify their triggers and to suggest practical ideas for reducing exposure to triggers indoors and outdoors. This brochure was developed by clinical and environmental health professionals with input from literacy teachers and students. Its easy-reading presentation includes lots of pictures and stories about steps to take to reduce asthma episodes. It also includes a two-sided, tear-off panel for patients to use with their doctors to better manage asthma.	English	25	50	100
	4991		Spanish	25	50	100
<b>Trigger Tracker and Key Questions</b>	NA	<b>NEW!</b> This is a companion tool to the <i>Have Asthma?</i> brochure described above. The <i>Trigger Tracker</i> section of this tool is designed to help patients keep track of their asthma and asthma triggers and the <i>Key Questions</i> may help to facilitate patient-provider communication. This tool is available for download in English and Spanish: <a href="http://www.nyhealth.gov/publications/4990/asthma_triggers_tracking.pdf">www.nyhealth.gov/publications/4990/asthma_triggers_tracking.pdf</a>	Available for download only.			
<b>Managing Asthma</b> (BROCHURE)	4954	Provides information about the tools and techniques to manage asthma. This brochure is part of the <b>Working Together</b> series, which was developed based on conversations with asthma patients and health care professionals about important messages for managing asthma.	English	25	50	100
<b>Environmental Asthma Triggers</b> (BROCHURE)	4955	Provides information about environmental asthma triggers. This brochure is part of the <b>Working Together</b> series, which was developed based on conversations with asthma patients and health care professionals about important messages for managing asthma.	English	25	50	100
<b>Peak Flow Meters and Logs</b> (BROCHURE)	4956	Provides information about the use of peak flow meters and logs to manage their asthma. This brochure is part of the <b>Working Together</b> series, which was developed based on conversations with asthma patients and health care professionals about important messages for managing asthma.	English	25	50	100
<b>Is Your Asthma Work-Related?</b> (BROCHURE)	2775	Provides information about work-related asthma and suggests action steps for people to control their asthma in different work environments.	English	25	50	100
<b>Reducing Environmental Exposures: The Seven Best Kid-Friendly Practices</b> (BOOKLET)	2818	This 12-page booklet provides practical advice for reducing exposures to some commonly-used chemicals and hazardous substances. Use this guide at home or school to create a healthier environment for children and adults. Includes a list of reference publications.	English	25	50	100
	2819		Spanish	25	50	100