KICK ASTHMA

Know what starts your asthma.

Inform your doctor about symptoms.

Control frequent symptoms by using long-term control medicines and staying away from tobacco smoke and other triggers.

Keep regular doctor's visits & ask for a written "Asthma Action Plan."

Talk to your doctor or call 311 for more information.

NYC Health

THE NEW YORK CITY
DEPARTMENT of HEALTH
and MENTAL HYGIENE
Michael R. Bloomberg, Mayor
Thomas R. Frieden, M.D., M.P.H., Commissioner
nyc.gov/health

TAKE CARE NEW YORK

SCHOOL CALENDAR 2004-2005

SEPTEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER

S	M	T	W	T	F	S
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24	25	26	27	28	29	30
31						

NOVEMBER

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DECEMBER

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JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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24	25	26	27	28	29	30
31						

AUGUST

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21	22	23	24	25	26	27
28	29	30				

New York City Public School Holidays