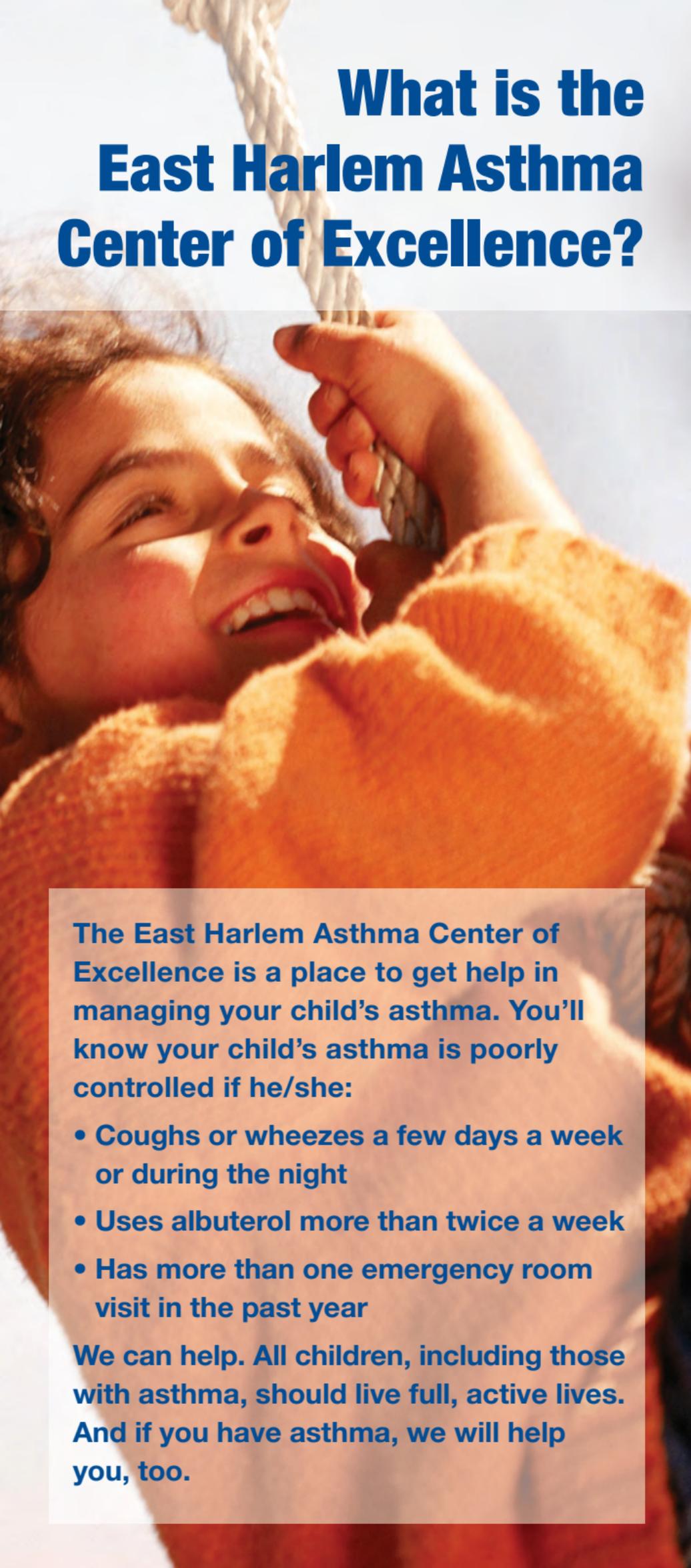


East Harlem Asthma Center of Excellence





What is the East Harlem Asthma Center of Excellence?

The East Harlem Asthma Center of Excellence is a place to get help in managing your child's asthma. You'll know your child's asthma is poorly controlled if he/she:

- Coughs or wheezes a few days a week or during the night**
- Uses albuterol more than twice a week**
- Has more than one emergency room visit in the past year**

We can help. All children, including those with asthma, should live full, active lives. And if you have asthma, we will help you, too.

My child has asthma. How can the Asthma Center help us?

- We will meet with you and assess your child's asthma-related needs.
- If your child's asthma is poorly controlled, we will assign an asthma counselor to work with you until your child's asthma is well controlled.
- We will help you learn:
 - How to recognize your child's asthma symptoms and triggers.
 - How to follow an asthma action plan.
 - How to give your child asthma medications and how to use a spacer and peak flow meter, as indicated.
- We run support groups where you can talk about the challenges you face in caring for your child.
- We can help you get rid of roaches, mice, and mold – things in your home that might trigger your child's asthma.
- We can refer you to the health care services you and your child need.
- We have a health library – with books, educational materials and computers with Internet access – where you can learn more about asthma and the resources available in your community.

■ Do you provide medical treatment for **asthma**?

No, we do not provide medical care, but can refer you to health care providers.

■ Who can take advantage of what the **Asthma Center** has to offer?

We are here to help people with asthma. Mostly, our services are aimed at the parents/caregivers of children with asthma. But if you are an adult with asthma, we can help you, too.





How can I get in touch with the **Asthma Center?**

Come visit us at **161-169 East 110 Street**
(between Third and Lexington Avenues).
Or feel free to call us at **888-247-8811**.

ASTHMA



Michael R. Bloomberg
Mayor

Thomas Farley, M.D., M.P.H.
Commissioner

EAST HARLEM
ASTHMA CENTER
OF EXCELLENCE