



ST. MARY'S COUNTY
HEALTH DEPARTMENT

Asthma & Lead Home Visiting Program

A PROGRAM TO HELP YOU LEARN ABOUT
ASTHMA & LEAD AND MAKE YOUR HOME
ASTHMA-FRIENDLY AND LEAD-FREE



Visit 1

Complete intake paperwork and learn more about asthma symptoms, triggers, and medications



Visit 2

Walk through your home to identify asthma triggers, then set goals to reduce those triggers



Visit 3+

Discuss progress on controlling your asthma and reducing triggers



Our team is here to help if you have questions or need additional support!

FREE TOOLS, such as cleaning supplies, HEPA filter vacuum cleaner, mattress covers, pulse oximeters, etc. may be available to assist participants with ongoing asthma management

FREE for qualifying St. Mary's County children ages **2-18** with asthma!

301-475-4330

smchd.org