



**FOR IMMEDIATE RELEASE**  
May 22, 2015

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## **Residents with Asthma and Allergies Reminded of Healthy Homes Program**

**PITTSBURGH** – In recognition of Asthma and Allergy Awareness Month, the Allegheny County Health Department (ACHD) today reminded residents with asthma and allergies that the Healthy Homes program can be of great benefit to them. The state-funded initiative offers an assessment of in-house conditions to those who suffer from asthma, or have children who have the condition, and meet certain income levels. The assessments are completed by Health Department environmental specialists.

“Asthma is a serious condition. The Health Department’s ‘Healthy Homes’ program is just one way that those with asthma can decrease their triggers,” said Dr. Karen Hacker, Health Department Director. “Individuals with asthma should always work with their health care providers to insure they are following an asthma action plan and maximizing control over the disease through available medical treatment.”

Residents may request a Healthy Homes assessment by calling 412-350-4048. For qualified individuals, a free in-home assessment will be conducted by Health Department Environmental Specialist who will then provide advice for a healthier home. Participants will receive a toolkit of intervention supplies that address their needs as the result of the assessment.

You can also take steps yourself for a healthier home, and can find those tips online at [www.achd.net/healthyhomes](http://www.achd.net/healthyhomes). The Healthy Homes program is available to residents of 11 counties - Allegheny, Armstrong, Beaver, Butler, Cambria, Fayette, Greene, Indiana, Somerset, Washington and Westmoreland.

Asthma is one of the major chronic diseases impacting children as well as adults, but can be controlled by appropriate treatment guided by an asthma action plan and by limiting exposure to triggers. These triggers include seasonal pollen, indoor dust and mold, and poor air quality days. In the Spring, pollinating trees are the primary sources of irritation for pollen-sensitive people. Asthmatics should avoid the outdoors on dry, windy days when pollen counts are likely to be high or on days where air quality is particularly poor.

To learn more about the pollen forecast for your neighborhood, go to [www.pollen.com/allergy-forecast](http://www.pollen.com/allergy-forecast). You can also view daily reports on air quality which can also impact breathing by visiting [www.achd.net/air](http://www.achd.net/air).

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