

What You Can Do...

Triggers may lead to asthma or poor health. It is the responsibility of all parties involved with a rental property to prevent and/or remove any problems that may contribute to unhealthy living conditions.

Tenant Legal Rights

There are options under California law that residents may want to pursue if unhealthy building problems are present.

If you think there are problems with your rental unit that you believe are defects leading to asthma triggers, you can call a housing rights group or County agency listed on the back.

Landlord Legal Rights

Owners must inform residents of their duty to maintain safe and sanitary living conditions. If questions arise as to a specific liability, contact a local housing agency or housing industry organization or consult with a knowledgeable attorney.

In-Home Asthma Trigger Resources For West Contra Costa

Housing Rights
Contra Costa & Alameda Counties
1-800-261-2298

Public Housing Resources
Housing Authority
of Contra Costa County
(510) 232-8492

For your City's Building Inspection departments see the government section of the White Pages in your local telephone book.

For More Information About Asthma

Community Action To Fight Asthma provides advocacy and environmental policy action through the West County Asthma Coalition. For more information call (925) 313-6764.

Contra Costa County Asthma Coalition provides advocacy and policy action to address issues regarding asthma for all of Contra Costa. For more information call (925) 313-6905.

Adapted from the Sonoma County Asthma Coalition and Community Action Partnership Indoor Air Quality & Asthma Brochure

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CLEARING YOUR HOME OF ASTHMA TRIGGERS

The West County In-Home
Asthma Trigger Check-up
Program

A Free Service
of



1-877-313-6905



What Is Asthma?

Asthma is a chronic disease where the airways to the lungs narrow, and become clogged with a thick, sticky mucous making it hard to breathe. When a person experiences these breathing problems they are having an asthma attack or episode.

Lungs are sensitive to particular triggers. Signs and symptoms are different for each person, but can include shortness of breath, tightness of the chest, wheezing and coughing.

What Are Asthma Triggers?

Different things can trigger an asthma episode. What may be a trigger for one person, may not be a trigger for another. Triggers can be found in and outside of the home.

Some of the common triggers found in the home include:



- Pets
- Pests (cockroaches, rodents, etc.)
- Dust and dust mites
- Mold and Mildew
- Tobacco smoke
- Household products with strong scents (odors)



How Can I Schedule An In-Home Asthma Trigger Check-up?

If you, or someone you know would like to schedule an In-Home Asthma Trigger Check-up, or for more information please call: 1-877-313-6905.



What Is An In-Home Asthma Trigger Check-up?

The Contra Costa Health Services Asthma Program offers free In-Home Asthma Trigger Check-ups to residents in West Contra Costa.

Asthma Community Advocates come into a home and demonstrate ways to reduce asthma triggers in low-cost, non-toxic ways.

Asthma Community Advocates are residents of West Contra Costa who have been specially trained about asthma triggers commonly found in homes.

Asthma Community Advocates are not medical staff, and cannot give any medical information or advice.

The In-Home Asthma Trigger Check-up is not a professional inspection for the purposes of buying or selling a home, nor can it be substituted for a comprehensive home inspection performed by licensed professional.



What Can I Learn From An In-Home Asthma Trigger Check-up?

The In-Home Asthma Trigger Check-up will provide information on:



How even the smallest change made in the home can improve the health of a child with asthma.

Smoking Cessation Classes

Resources for Asthma Medical Care and Information

How to get involved with a coalition that is making a difference in the community for those who have asthma.