

Community Supports for Children with Asthma

Breathe PA activities and education programs

Contact breathepa.org or call (724) 772-1750 for information.

Discounted tickets for Kennywood, Children's Museum, or Pittsburgh Zoo for kids with asthma, and education programs for kids through various schools.

Children's Hospital of Pittsburgh, Asthma Care Videos

Search on Youtube, Children's Hospital of Pittsburgh Asthma Care Videos.

Educational videos, 2 – 4 minutes long, on topics including, "How to use a spacer", "What is well controlled asthma", and more.

Children's Hospital of Pittsburgh Family Care Connection (FCC) Centers

FREE community-based family support services and home visits by nurses, family and child development specialists. No income or insurance requirements.

Search on-line, Family Care Connection, or call by location:

Braddock – 412-273-4610

Turtle Creek - 412-823-2060

Rankin – 412-271-3408

Mt. Oliver – 412-432-1640

Lawrenceville – 412-784-8683

Penn Hills – 412-894-9222

FCC Nurses provide home-based asthma education for families of children age 0 – 6 who have been to the hospital for asthma-related care.

Centers also provide parent education, child development, mental health support, connection to community services and resources, and more.

Healthy Homes Program

Call 412-350-4048 or email Rich Paul at, Richard.paul@alleghenycounty.us.

FREE for kids and young adults up to age 22 in Allegheny, Beaver, Washington, and Westmoreland Counties who qualify based on income (even without asthma).

Provides evaluation of asthma triggers like mold, mice, cockroaches and provides FREE cleaning materials such as vacuum filters, and even aid for bed bugs.

Jerome Bettis FREE Asthma Camp

Search, thebusstopsherefoundation.org for dates and registration information.

Occurs every summer for youth ages 6-12.

Resources to Help Quit Smoking/Tobacco

Quitting smoking is hard. Some people try to stop many times before they succeed. Trying is part of the process. Don't give up. You can do this!

* If a family member wants to quit smoking, they can ask their child's pediatrician to write for nicotine patches and gum that can be picked up from the pharmacy. Typically covered by the adult insurance plans.

Breathe Pennsylvania: 724-772-1750, <http://www.breathepa.org>

CDC Tobacco Information and Prevention Source: www.cdc.gov/tobacco Great source of videos, including tips from former smokers.

Pennsylvania Quit Line: 1-800-QUIT-NOW (1-800-784-8669).

Get up to five calls from a quit coach, two or more weeks of nicotine replacement therapy if available, unlimited support during high risk for using tobacco.

Pregnancy Protocol especially to help women during pregnancy.

Spanish quitline services are available by dialing 1-855-DEJELO-YA.

Smokefree.gov: This is a great website that has information about how to set a quit date, tips for stopping smoking, making a quit plan, explore different quit methods, etc. Sign up for texts or chat online for information.

Smoke free TXT: A free text service that helps you stop smoking. Text QUIT to 47848. **Data message rates may apply.*

Tobacco Free Allegheny: 412-322-8321, www.tobaccofreeallegheny.org
Local area smoking cessation groups and other information about quitting.

UPMC: call 1-800-533-8762 (main line) or 412-784-5043. Free smoking cessation classes are offered for UPMC members.

Most health insurers offer resources to help quit tobacco. Call the phone number on the back of insurance card.