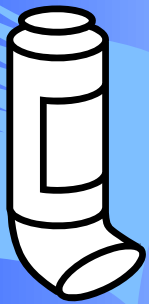


You Are Not Alone:

***San Francisco
Asthma Resource Guide
(July, 2011)***



Preface:

The aim of the Children's Environmental Health Promotion of the San Francisco Department of Public Health in developing this booklet ("You Are Not Alone: San Francisco Asthma Guide") is to provide the medical professionals, staff of community agencies, and families a snap-shot of health care resources and healthy home services available to people with asthma.

Although our goal is to include as many programs and agencies offering asthma services in San Francisco as possible, this "Resource Guide" is by no means comprehensive or all inclusive. If your program or agency has been inadvertently omitted from the list, we welcome your feedback and suggestions.

Children's Environmental Health Promotion Program
San Francisco Department of Public Health
1390 Market Street, Suite 410, San Francisco, CA 94102
Telephone number: (415) 252-3800
Fax number: (415) 252-3889
Website: www.sfdph.org/dph/EH/CEHP/default.asp



- Health Care Access -

I. Free or Low-Cost Insurance

Women and Children Health Referral Line : Free or Low-Cost Health Care Coverage

1-800-300-9950

www.sfdph.org

- Provides information and referral assistance, regardless of immigration status, for free or low cost health care and services for families such as medical, dental, child health and disability prevention, vision, mental health care, hospitalizations, immunizations, prescription, and other benefits.

Kaiser Permanente Community Benefit Products Line Child Health Plan

2241 Geary Boulevard, San Francisco, CA 94115

1-800-255-5053

www.kp.org

- Provides medical coverage, including all preventive care, to children under the age of 19 who are not eligible for employer-subsidized programs, or Medi-Cal or Healthy Families due to immigration status or family income.

San Francisco Health Plan

201 Third Street, 7th Floor, San Francisco, CA 94103

415-777-9992

1-800-288-5555 (members only)

www.sfhp.org

- Provides assistance to families applying for Medi-Cal for children, Healthy Families Program, Healthy Kids, and Healthy San Francisco.

Healthy San Francisco

415-615-4500 or 311

www.healthysanfrancisco.org/visitors/

- Provides accessible and affordable health care services for uninsured residents, regardless of immigration status, employment status, or pre-existing medical conditions.

Anthem Blue Cross

1-800-777-6000 (for individuals & families)

1-888-211-9813 (for Medicare eligible)

www.anthem.com

- Works with the State of California to deliver Medi-Cal Insurance.

Chinese Community Health Plan

835 Jackson Street, San Francisco, CA 94133

415-397-3190/1-877-681-8898

www.cchphmo.com

- Offers culturally sensitive and English/Cantonese bilingual managed care.

II. Medical Care

A. Community Health Network Hospital:

San Francisco General Hospital (SFGH)

1001 Potrero Avenue, San Francisco, CA 94110

415-206-5166 (Clinic Information Line)

www.sfdph.org/dph/comupg/oservices/medSvs/SFGH/default.asp

Children's Health Center

Main Hospital, 6th floor, Room M

415-206-8376

- Provides health care, such as acute care, emergency care, and well-child care, to children and young people up to the age of 21.
- If necessary, makes referrals to the Pediatric Asthma Clinic.

General Medicine Clinic: Adult Medical Center

Main Hospital, 1st floor, Room M

415-206-8492

- Provides comprehensive primary care and medical specialty services to persons over 18 years of age.
- If necessary, makes referral to the Adult High-Risk Asthma Clinic. Adult High-Risk Asthma Clinic also takes referrals from private clinicians, phone: 415-206-8615.

B. Community Health Network Primary Care Health Centers:

San Francisco Department of Public Health (DPH)

www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/

Chinatown Public Health Center

1490 Mason Street, San Francisco, CA 94133

415-364-7600

www.sfdph.org/dph/comupg/pservices/medSvs/hlthCtrs/ChinatownHlthCtr.asp

- Collaborates with the Children's Environmental Health Promotion to offer clinic-based asthma education.

Silver Avenue Family Health Center

1525 Silver Avenue San Francisco, CA 94134

415-715-0300

www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/SilverHlthCtr.asp

- Collaborates with the Children's Environmental Health Promotion to offer home-based education and environmental assessment.

Other Primary Care Health Centers:

Castro-Mission Health Center; Children's Health Center at SFGH, Curry Senior Center, Family Health Center and General Medical Clinic at SFGH, Maxine Hall Health Center, Ocean Park Health Center, Potrero Hill Health Center, Southeast Health Center

For further information regarding individual clinics, log on:

www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/

C. San Francisco Community Clinic Consortium:

www.sfccc.org

North East Medical Services

4 Locations:

1. 1520 Stockton Street, San Francisco, CA 94133
2. 82 Leland Avenue, San Francisco, CA 94134
3. 1450 Noriega Street, San Francisco, CA 94116
4. 2574 San Bruno Avenue, CA 94134

415-391-9686

www.nems.org

- Collaborates with the Children's Environmental Health Promotion to offer clinic-based asthma education.

Native American Health Center

160 Capp Street, San Francisco, CA 94110

415-621-8051

www.nativehealth.org/

- Collaborates with the Children's Environmental Health Promotion Program to offer clinic-based asthma education.

Saint Anthony Free Medical Clinic

150 Golden Gate Avenue, second floor, San Francisco, CA 94102

415-241-8320

www.stantonysf.org

- Collaborates with Children's Environmental Health Promotion to offer clinic-based asthma education.

Other 7 partners clinics:

1. Curry Senior Center
2. Glide Health Services
3. Haight Asbury Free Clinic, Inc.
4. Lyon Martin Health Services
5. Mission Neighborhood Health Center
6. San Francisco Free Clinic
7. South of Market Health Center

For detail information, log on: www.sfccc.org

D. Other Hospital-Based Clinics:

1. University of California San Francisco (UCSF) Medical Center:

www.ucsfhealth.org

Chest Faculty

400 Parnassus Avenue, San Francisco, CA 94143

415-353-2961

- Only takes referrals from primary care physicians.

Pediatric Clinic

400 Parnassus Avenue, San Francisco, CA 94143

415-476-4988

- Provides primary pediatric care. If necessary, makes referrals to asthma specialists.

2. Chinese Hospital

845 Jackson Street, San Francisco, CA 94133

415-982-2400

www.chasf.org

- Provides only emergency care for acute asthma attack, but does not offer outpatient treatment.

Two Community Clinics:

1800 - 31st Avenue San Francisco, CA 94122

415-677-2388

888 Paris Street, San Francisco, CA 94112

415-677-2488

4. Kaiser Permanente

San Francisco Medical Center

2200 O'Farrell Street San Francisco, CA 94115

415-833-2200

www.kp.org

Allergy Faculty Practice

400 Parnassus Avenue, San Francisco, CA 94143

415-353-2725

- Only takes referrals from primary care physicians.

Family Medicine Center

1569 Sloat Blvd., #314, San Francisco, CA 94132

415-353-9339

- Provides primary medical care. If necessary, makes referrals to asthma specialists.

3. California Pacific Medical Center

415-600-6000

www.cpmc.org

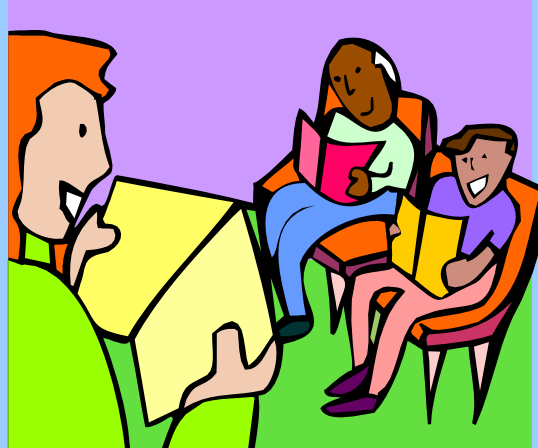
- 1. California Campus: 3700 California Street, San Francisco, CA 94118
- Conducting a pilot project at the pediatric emergency for engaging parents with customized education
- 2. Davis Campus: Castro at Duboce Street, San Francisco, CA 94114
- 3. Pacific Campus: 2333 Buchanan Street, San Francisco, CA 94115
- 4. St. Luke's Campus: 3555 Cesar Chávez Street, San Francisco, CA 94110

5. St. Mary's Medical Center

450 Stanyan Street, San Francisco, CA 94117

415-668-1000

www.stmarysmedicalcenter.org



- Asthma Education & Family Resources -

San Francisco Department of Public Health: Children's Environmental Health Promotion

1390 Market Street, Suite 410, San Francisco, CA 94102

415-252-3800

www.sfdph.org/dph/EH/CEHP/default.asp

- Provides information on managing asthma and developing skills in reducing environmental triggers through workshops and home-based education.
- Provides training for health care professionals to understand and apply national guidelines in dealing with asthmatic patients.
- Provides training for child care providers.

Chinese Community Health Resource Center

835 Jackson Street, Suite 407, San Francisco, CA 94133

415-677-2473

www.cchrhealth.org

- Conducts asthma education and management classes in English and Cantonese to members and the public.
- Offers individual counseling on asthma management.
- Provides English and Chinese asthma educational materials.

San Francisco Health Plan

201 Third Street, 7th Floor, San Francisco, CA 94103

415-777-9992

1-800-288-5555 (members only)

www.sfhp.org

- Provides asthma education and certain allergy control products, such as allergy-proof mattress and pillow covers, to members with asthma.

San Francisco Department of Public Health: Asthma Prevention Services

1390 Market Street, Suite 210, San Francisco, CA 94102

415-252-3887

www.sfdph.org/dph/EH/asthma/default.asp

- Conducts a free home evaluation of asthma triggers, following a clinician referral.
- Make referrals for correction of health and building code violations and in-home supportive services.

North East Medical Services

1520 Stockton Street, San Francisco, CA 94133

415-391-9686

www.nems.org

- Offers asthma patient education.
- Provides asthma educational reading materials.
- Collaborates with the Children's Environmental Health Promotion Program to offer clinic-based asthma education.

St. Luke's Hospital

Pulmonary Care Education Program

3555 Cesar Chávez Street, San Francisco, CA 94110

415-641-6850

www.cpmc.org

- Provides adult individual counseling sessions, pediatric asthma education one-on-one family sessions, in-patient pediatric bedside education, and community outreach education.

**San Francisco Department of Human Services:
In-Home Supportive Services**

1650 Mission Street, 5th Floor

415-355-6700

www.sfhsa.org

- Assists elderly, blind or disabled people to remain safely in their own homes when they are no longer able to fully care for themselves or handle routine household tasks.
- Pays for approved housework and personal care as an alternative to out-of-home placement.

**Kaiser Permanente
San Francisco Medical Center**

2200 O'Farrell Street, San Francisco, CA 94115

415-833-2200

www.kp.org

- Offers classes on asthma management to members.
- Provides asthma educational brochures and videos to members.

Anthem Blue Cross

www.anthem.com

- Provides on-line educational information on asthma.

**California Pacific Medical Center
Community Health Resource Center**

2100 Webster Street, Suite 100, San Francisco, CA, 94118

415-923-3155

www.cpmc.org/chrc

- Offers adult asthma self-management classes to members.
- Provides asthma related classes: asthma management for parents; smoking cessation.

Bayview Hunter's Point Health and Environmental Resource Center (HERC)

828 Innes Avenue, Unit 110, San Francisco, CA 94124

415-401-6810

www.bayviewherc.org

- Offers asthma management program for children, grades K to 5, with asthma or who have asthma-like symptoms.
- Provides one-on-one workshop for adult with asthma and parents or guardians of children with asthma.
- Offers environmental assessment to residents with asthma living in southeast San Francisco.
- Organizes free day camps teaching asthma management techniques & recognizing triggers and symptoms.
- Conducts informational presentations.



- Smoking Cessation-

California Asian Smokers Helpline

1-800-838-8917

English: 1-800-662-8887; Spanish: 1-800-456-6386;

Mandarin/Cantonese: 1-800-838-8917; Korean: 1-800-556-5564;

Vietnamese: 1-800-778-0866 **TDD/TYY: 1-800-933-4833**

www.nobutts.org

- Offers stop smoking services and counseling over telephone.
- Provides educational materials.

San Francisco Tobacco Free Project

www.sftfc.globalink.org/index.shtml

- Provides various information on smoking prevalence, protection from second-hand smoke.
- Provides educational materials.

Stop-Smoking Program in San Francisco

www.sftfc.globalink.org/StopSmokingPrograms.pdf

STOP SMOKING PROGRAMS IN SAN FRANCISCO* July 2010 *

San Francisco Tobacco Free Project funded programs – Free Services!

Chinatown Public Health Center: 1490 Mason Street. Tobacco education and cessation program in Cantonese/Mandarin. One-on-one cessation and group clinics available. Call for information in English, Cantonese, & Mandarin. No charge. **364-7908**.

The Last Drag: Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. No charge. www.lastdrag.org

Email: info@lastdrag.org **339-STOP (339-7867)**.

Maxine Hall Health Center: 1301 Pierce Street (at Ellis). Group stop smoking program for San Francisco residents, people living in the western section of SF, and health center patients. Call to get schedule for the next afternoon class. No charge. **206-6074**.

SF Tobacco Free Project Stop Smoking Program at SFGH: 1001 Potrero Avenue. Weekly group cessation classes at SFGH, weekly telephone support, after care telephone support, monthly relapse prevention group, consultation, wheelchair accessible. No charge. www.sfsmokefree.org

Email: sfsmokefree@aol.com **206-6074** or **206-4314**.

Southeast Heath Center: 2401 Keith Street. Group stop smoking program for San Francisco residents, especially for Bay View Hunter's Point or Visitation Valley area residents. Call to get schedule for the next afternoon class. No charge. **206-6074**.

Ocean Park Health Center: 1351-24th Avenue. Beginning 2011, group stop smoking program conducted in Cantonese/Mandarin. Also, group cessation class conducted in Russian. No charge. **682-1963 (English); 682-1972 (Russian); 682-1900 (Cantonese/Mandarin)**.

Non-profit organization and hospital programs - some are fee for services:

American Heart Association: 120 Montgomery Street, #1650. Self-help materials, referrals. **433-2273**.

BREATHE California: 2171 Junipero Serra Blvd, #720, Daly City. Support groups, self-help materials. Youth cessation classes in SF schools...
Free “Ashkickers” adult cessation groups for San Mateo residents and workers. There is a \$75.00 fee for SF residents. www.ggbreathe.org. **650-994-5868**.

Chinese Community Health Resource Center: 835 Jackson Street. Referrals to Cantonese/Mandarin programs. **677-2473**.

Community Health Resource Center: 2100 Webster Street, Suite 100. Educational materials and referrals to cessation services. Also, five-week group class focusing on a traditional and holistic approach to quitting smoking. \$50 fee. **923-3155**.

Kaiser Permanente: 2241 Geary Blvd. Three cessation formats available. Call for information. **833-3450**.

Pacific Care Stop Smoking Program: Free and Clear one-on-one phone counseling. Available in Spanish and English. For Pacific Care clients only. **800-292-2336**.

Smart Recovery at St. Francis Hospital: 900 Hyde Street, 2nd Floor. Cessation groups and relapse prevention. Mon & Wed., 7:00 - 8:30 PM.
www.threeminutetherapy.com **673-2848**.

UCSF Medical Center Tobacco Education Center at Mt. Zion: 1600 Divisadero Street, Room A535. Four-week cessation program and weekly relapse prevention program. Physician consultations also available. Call more information. \$55 fee. **885-7895**.

UCSF Habit Abatement Clinic: 1515 Scott Street. Clinical research studies. Call for information on upcoming studies. No charge.
www.ucsf.edu/nosmoke **476-7453**.

UCSF/SFGH Internet Health Research Center: A bilingual Spanish/English website created to test and develop free smoking cessation interventions via the Internet. Staffed by faculty of the UCSF School of Medicine. www.stopsmoking.ucsf.edu

Veterans Administration Medical Center: 4150 Clement Street. Individual counseling and group cessation for veterans. No charge. **221-4810 Ext 3142**

Alternative/Self-Help Programs – Most programs are fee for services:

Acupuncture by Tamara Ostrovsky, LAC, RRT, RCP.: 2320 Sutter Street, Ste. 101. Acupuncture and detox treatment for smoking cessation. Call for fees. **963-2111**.

Bay Natural Medicine - Dr. Minna Yoon, ND, L.Ac.: 919 Irving Street, Suite 104. Acupuncture and nutritional support for smoking cessation and withdrawal. Call for fees. **(415) 564-3200.**

Community Acupuncture Project: 555 DeHaro Street, Rm G. Ear acupuncture, herbal tea and resources. Donation \$5.00-\$10.00. **282-9603.**

Herzberg & Associates: 425 Market Street, Suite 2200. Individual hypnosis for smoking cessation. Call for free one-hour CD for stress reduction and to learn more. Call for fees. **(650) 952-2200.**

Hypnosis for Health: 815 Hyde Street, Suite 302. Hypnosis, CD's. Three years of free relapse prevention support included. Call for fees. <http://www.hypnosisforhealth.com> **775-7797.**

Nicotine Anonymous: 12-step self-help group program. Call for locations & hours. **750-0328.**

Stop Smoking Instantly: One-on-one hypnosis during a one-hour session. CD available. Lifetime support. Offices throughout the Bay Area. Call for fees. <http://www.stopsmokinginstantly.com/> **877-822-6774 (877-UCAN SSI).**

Stop Smoking Now Program: San Francisco office. Stop smoking in one session. Hypnotherapy, CD's, free phone consultation, lifetime guarantee, and sliding scale. East Bay clinic also. <http://www.intendbalance.com/> **925- 215-4017.**

Quan Yin Center: 455 Valencia Street. Low fee acupuncture clinic for smoking cessation. Call for fees. www.qyhacinfo@aol.com **861-4964.**

*** For information purposes only. Inclusion on this list does not constitute an endorsement or approval by the San Francisco Tobacco Free Project of the San Francisco Department of Public Health.**

Revised: 7/2010



- Services for Property Owners and Tenants
 - Regarding Housing Standards -

A. Government Agencies:

Department of Public Health Health Code Enforcement Program

1390 Market Street, Suite 210, San Francisco, CA 94102

415-252-3805

www.sfdph.org/dph/EH/codeEnforce/default.asp

- Investigates complaints of unsanitary conditions and issues notices to correct them, when appropriate, such as secondhand smoke, Call **311** for complaint regarding the violation of Secondhand Smoke Prevention Ordinance indoor mold, pests (rodents, cockroaches) infestation, too many pets, offensive odors, hoarding, garbage accumulation, etc.

Rent Board

25 Van Ness Avenue, #210, San Francisco, CA 94102

415-252-4600

www.sfrb.org

- Works with tenants and landlords on housing issues, mandated rights, and obligations.

Department of Building Inspection (DBI) Housing Inspection Services

1660 Mission Street, San Francisco, CA 94103

415-558-6220

www.sfdbi.org

- Inspects buildings for code compliance in residential housing under building permits or as a result of complaints of substandard living conditions, such as worn-out carpet, no provision of safe source of heat, water leakage, and structural damage, etc.

Housing Authority Public Housing Operation Ombudsman

1815 Egbert Avenue, San Francisco CA 94124

415-715-3951

www.sfha.org

- Deals with the unresolved issues between tenants and the Housing Authority.

City Hotline 311

www.sfdph.org/dph/EH/Air/Smoking.asp

- Deals with complaint regarding the violation of Secondhand Smoke Prevention Ordinance ((SF Health Code prohibits smoking in: 1. areas outside entrances, exits and operable windows and vents of all buildings, 2. common areas of multi-unit housing complexes, e.g., covered parking areas, lobbies, waiting areas, elevators, hallways, internal stairways, restrooms, conference and meeting rooms, cooking areas, eating and break rooms, bathrooms, recreation areas, laundry facilities, etc.)

B. DBI Funded Code Enforcement Outreach Program:

Chinatown Community Development Center

1525 Grant Avenue, San Francisco, CA 94133

415-984-1450

www.chinatowncommunitydevelopmentcenter.org

- Offers tenant rights counseling, advocacy, and eviction prevention.
- Mediate conflicts between property owners and tenants.

Causa Justa :: Just Cause (St. Peter's Housing Committee

merged into Causa Justa :: Just Cause in September, 2010)

2301 Mission Street, Suite 201, San Francisco, CA 94103

415-487-9203

www.cjjc.org

- Provides tenant counseling and case management for low-income residents through its Housing /Tenant Rights Committee.
- Mediates between property owners and their tenants on housing complaints.

Housing Rights Committee

427 South Van Ness, San Francisco, CA 94103

415-703-8634

www.hrcsf.org

- Offers free counseling for tenants in all types of housing, including rent control, public housing and Section 8.

Tenderloin Housing Clinic

126 Hyde Street, San Francisco, CA 94102

415-771-9850

www.thclinic.org

- Provides low-cost housing stock.
- Provides comprehensive legal assistance to low income tenants.

San Francisco Apartment Association

265 Ivy Street, San Francisco, CA 94102

415-255-2288

www.sfaa.org

- Mediates between property owners and their tenants on housing complaints.
- Conducts classes for property owners on their responsibility of providing safe housing to tenants.

C. Other Non-profit agencies:

Bayview Hunter's Point Health and Environmental Resource Center

828 Innes Avenue, Unit 110, San Francisco, CA 94124

415-401-6810

www.bayviewherc.org

- Provides environmental assessment to residents with asthma living in southeast San Francisco.

Eviction Defense Collaborative

995 Market Street, # 1200, San Francisco, CA 94103

415-947-0797

www.evictiondefense.org

- Offers legal services to all tenants who have received eviction papers. A fee is charged based on a sliding scale.
- Provides rental assistance to qualified tenants.

Bay Area Legal Aid

1035 Market Street, 6th Floor, San Francisco, CA 94103

415-982-1300

www.baylegal.org/offices/san-francisco/

- Helps low-income residents with problems related to their housing.
- Works to prevent homelessness, preserve and expand affordable housing, and fight illegal evictions.
- Provides legal assistance in the following areas:
 - Public, subsidized (including Section 8 and other HUD subsidized projects), and private housing;
 - Fair housing and housing discrimination;
 - Housing conditions;
 - Rent control;
 - Eviction defense;
 - Lock-outs and utility shut-offs;
 - Residential hotels; and
 - Training advocates and community organizations.

- Asthma And Allergy Environmental Control Products -

Allergy-proof* mattress and pillow covers, vacuum cleaners and air purifiers with HEPA⁺ filter, allergy vacuum bags, humidifiers, dehumidifiers, and other cleaning supplies.

Local Stores selling the products:

- **Bed, Bath, and Beyond**
- **J.C. Penny**
- **Sears**
- **Macy's**
- **Target**

Allergy-proof* means a barrier or protection against substances that trigger a sensitive reaction. The following environmental substances may cause asthma or allergy: dust mites, mold, and animal dander.

HEPA⁺ stands for High Efficiency Particulate Air. A HEPA filter is made of very densely packed glass fibers; it can remove 99.9997% of particles down to 0.3 microns, or micrometers. This number is important because many of the allergens are very small, and the filter can remove them.

Clear Your Home Of Asthma Triggers

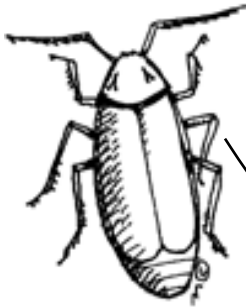
Smoke



Dust mites



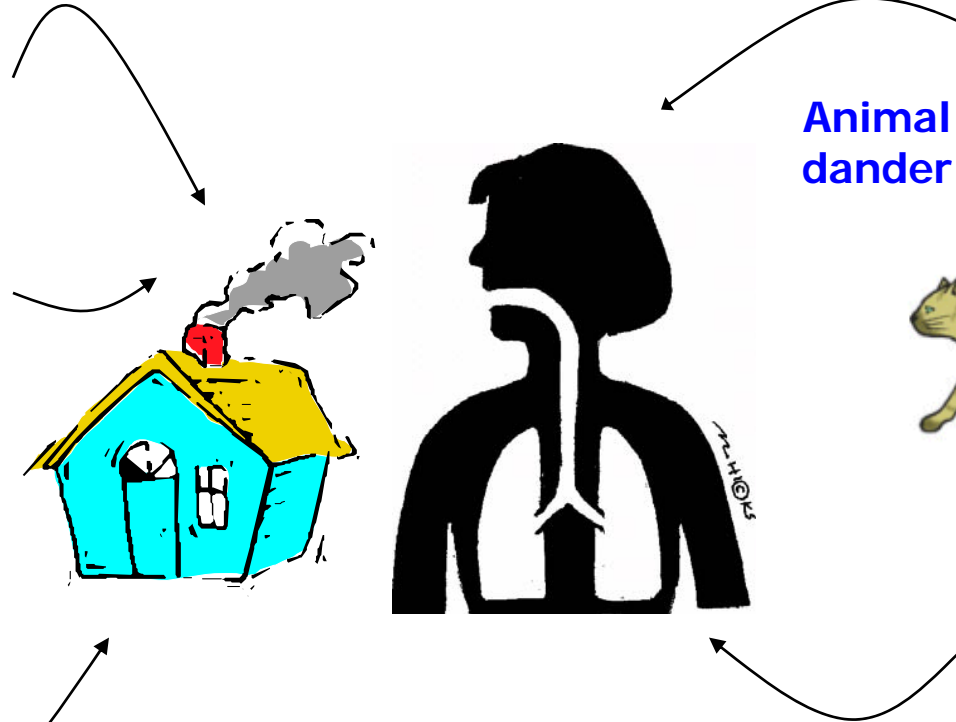
Pests



Animal dander



Mold



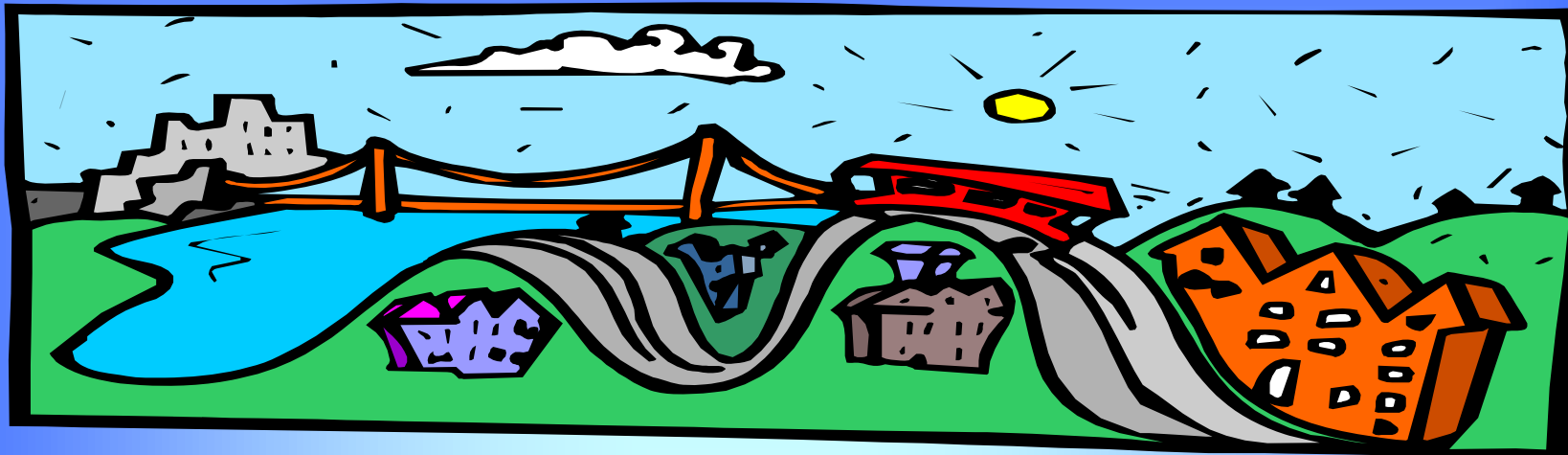
Asthma Action Plan

Name: _____

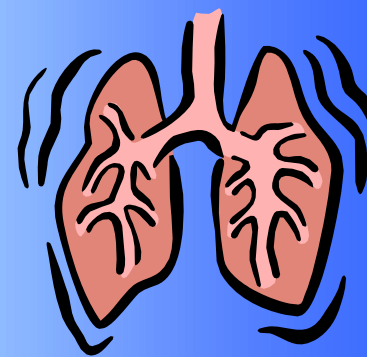
Medical Provider and Phone #: _____

Controller Medicines, use everyday to stay healthy	How Much To Take	How Often	Other Instructions, such as spacers/masks, nebulizers
		_____ times per day EVERYDAY!	
		_____ times per day EVERYDAY!	
Quick-Relief Medicines	How Much To Take	How often	Other Instructions
		Give ONLY as needed	NOTE: If this medicine is needed often, _____ per week, call physician

GREEN ZONE	STABLE: breathing good; no cough or wheeze; can work or play	PREVENT asthma symptoms everyday: Give the above controller medicine(s) everyday ; avoid things that make asthma worse
YELLOW ZONE	CAUTION: short of breath ; can't stop coughing; wheezing; waking up at night; chest feels tight	CAUTION: Take action by continuing to give regular everyday asthma medicine(s) AND give : _____ _____
RED ZONE	EMERGENCY: breathing hard and fast; medicine not helping; can't walk or talk well; ribs show DANGER! Get help immediately!	MEDICAL ALERT! Get help! Go to the hospital or call 911 immediately; give more _____ until you get help Call 911 if: the skin is sucked in around neck and ribs; or lips and /or fingernails are gray or blue; or no response



你不是孤單的：



三藩市哮喘服務指引
(2011年7月)

序言：

三藩市公共衛生署兒童環境衛生促進計劃編撰這「你不是孤單的：三藩市哮喘服務指引」的目標是協助醫護人員和家庭瞭解與哮喘有關的醫療、環境家居教育、及社區資源等服務。

雖然我們盡量包括所有相關的服務機構及單位，但必定仍有疏忽的地方。倘若我們有任何遺漏，這絕非故意。懇請見諒。如果你對這哮喘服務指引有任何意見和提議以補充不足，歡迎讓我們知道。

指引得以順利編印，我們特此感謝社區機構願意分享它們提供的服務。

兒童環境衛生促進計劃
三藩市公共衛生署
1390 Market Street, Suite 410
San Francisco, CA 94102

電話：415-252-3800

傳真：415-554-3889

網址：www.sfdph.org/dph/EH/CEHP/default.asp



— 醫療照顧 —

I. 免費或低收費保險

婦女和兒童健康轉介專線：
免費或低收費醫療保險

1-800-300-9950
www.sfdph.org

- 為家庭提供給免費或低收費醫療照顧服務資料和轉介，包括門診、牙科、兒童健康及殘障預防、眼科、精神護理、住院、免疫注射、配藥、和其它服務。申請服務的人士不需顧慮其移民身份。

凱撒醫療機構社區受惠服務：
兒童健康計劃

2241 Geary Boulevard, San Francisco, CA 94115

1-800-255-5053
www.kp.org

- 提供醫療保障和預防服務給十九歲以下的兒童（如因為他們的移民身份或家庭收入而未符合僱主醫療津貼、或加州醫療保險或健康家庭等計劃。）

健康三藩市

415-615-4500 或 311

www.healthysanfrancisco.org/visitors/

- 提供免費或可承擔收費醫療照顧服務予沒有保險的居民。申請服務的人士不需顧慮其移民身份、就業情況、或已存在的病患。

加州藍十字：州政府贊助計劃

1-800-777-6000（個人和家庭）
1-888-211-9813（符合聯邦醫療健保資格的人士）

www.anthem.com

- 與加州政府合作提供加州醫療保險計劃。

三藩市保健計劃

201 Third Street, 7th Floor San Francisco, CA 94103

415-777-9992

1-800-288-5555 (會員專用熱線)

www.sfhp.org

- 協助家庭申請加州兒童醫療保險、健康家庭、和健康兒童保健。

華人保健計劃

835 Jackson Street, San Francisco, CA 94133

415-397-3190 或 1-877-681-8898

www.cchpmo.com

- 提供中、英雙語醫療管理保健。服務顧及華人文化的需要。

II. 醫療護理

甲. 社區健康網絡醫院：三藩市總醫院

1001 Potrero Avenue, San Francisco, CA 94110

415-206-5166 (診所資訊熱線)

www.sfdph.org/dph/comupg/oservices/medSvs/SFGH/default.asp

兒童健康中心

主樓六樓 M 房

415-206-8376

- 提供醫療護理給兒童和二十一歲以下的青少年，例如：急診照顧、健康兒童服務等。
- 如有需要，轉介個案到兒童哮喘診所。

普通醫藥診所：成人外科部

主樓一樓 M 房

415-206-8492 (中文按內線三)

- 提供全面初步護理和專科服務給十八歲以上的成年人。
- 如有需要，轉介個案到成人高危哮喘診所。成人高危哮喘診所亦接受私人執業醫生的介，電話：**415-206-8615**。

家庭健康中心

995 Potrero Avenue (夾 22 街)

415-206-5252 (中文, 按 3 字)

- 提供綜合及多元性專業醫護服務。
- 如有需要, 轉介病者到兒童哮喘專科診所或成人高危哮喘診所。

翻譯服務部

415-206-5133 (辦公時間)

415-206-8000 (非辦公時間)

- 提供語言協助給不諳英語和失聰 / 聽覺受損的病者及其家人。服務方式包括親臨和通過電話求助。

三藩市公共衛生局 :

社區健康網絡 : 基本醫療護理中心* :

www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/

華埠公共衛生局

1490 Mason Street, San Francisco, CA 94133

415-715-0300

www.sfdph.org/dph/comupg/pservices/medSvs/hlthCtrs/ChinatownHlthCtr.asp

- 與兒童環境衛生促進計劃合作, 於診所內提供個別哮喘教育給病患者。

肖化家庭衛生局

1525 Silver Avenue, San Francisco, CA 94134

415-364-7600

www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/SilverHlthCtr.asp

- 與兒童環境衛生促進計劃合作, 於診所內提供個別哮喘教育給病患者。

其它診所 :

415-397-3190 或 1-877-681-8898

www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/

Castro-Mission 健康中心、三藩市總醫院兒童健康中心、Curry 耆英中心、三藩市總醫院家庭健康中心及醫療診所、Maxine Hall 健康中心、海洋公園健康中心、Potrero Hill 健康中心、東南健康中心。其它個別診所和健康中心的資料, 瀏覽網址 : www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/。

乙. 三藩市社區診所聯盟*：

www.sfccc.org

東北醫療中心

415-391-9686

www.nems.org

- 與兒童環境衛生促進計劃合作，於屬下的診所內提供個別哮喘教育給病人。

四所分區診所的地址：

1. 1520 Stockton Street, San Francisco, CA 94133
2. 82 Leland Avenue, San Francisco, CA 94134
3. 1450 Noriega Street, San Francisco, CA 94116
4. 2574 San Bruno Avenue, CA 94134

土著美國人健康中心

160 Capp Street, San Francisco, CA 94110

415-6221-8050

www.nativehealth.org

- 與兒童環境衛生促進計劃合作，於中心內提供個別哮喘教育給病患人士。

聖安東尼免費醫療診所

150 Golden Gate Avenue, San Francisco, CA 94102

415-241-8320

www.stantony.org

其它七間伙伴診所：

Curry 耆英中心

Glide 健康服務

Haight Asbury 免費診所

Lyon Martin 健康服務

米慎 (Mission) 鄰舍健康中心

三藩市免費診所

南市場健康中心

415-750-9894

www.sffc.org

丁. 其它隸屬醫院的診所：

1. 加州大學三藩市醫學院：

www.ucsfhealth.org

胸科學院

400 Parnassus Avenue, San Francisco, CA 94143

415-353-2961

- 只接受基本護理科醫生的轉介。

兒科診所

400 Parnassus Avenue, San Francisco, CA 94143

415-476-4988

- 提供基本兒科護理。如有需要，個案會被轉介到哮喘專科。

敏感科學院

400 Parnassus Avenue, San Francisco, CA 94143

415-353-2725

- 只接受基本護理科醫生的轉介。

家庭醫藥中心

1569 Sloat Blvd., #314, San Francisco, CA 94132

415-353-9339

- 提供基本醫療護理。如有需要，個案會被轉介到哮喘專科。

2. 其它社區醫院：

東華醫院

845 Jackson Street San Francisco, CA 94133

415-982-2400

www.chasf.org

- 只提供急診服務予緊急哮喘突發人士；不提供普通門診服務。

凱撒醫療機構

2200 O'Farrell Street, San Francisco, CA 94115

415-833-2200

www.kp.org

東華醫院 - 華康醫務中心

1800 31st Avenue San Francisco, CA 94122

415-677-2388

888 Paris Street A San Francisco, CA 94112

415-677-2488

www.chasf.org

加州太平洋醫療中心

四個診所地點：

1. 3700 California St., San Francisco, CA 94118

- 現正於兒科急診部試辦一項為個別家長定制的教育參與項目。

2. Castro (Duboce), San Francisco, CA 94114

3. 2333 Buchanan St., San Francisco, CA 94115

4. 聖路加醫院：3555 Cesar Chávez Street
San Francisco, CA 94110

415-600-6000

www.cpmc.org

聖瑪莉醫療中心

450 Stanyan Street San Francisco, CA 94117

415-668-1000

www.stmarysmedicalcenter.org



— 哮喘教育及健康家庭資源 —

**三藩市公共衛生署：
兒童環境衛生促進計劃**

1390 Market Street, Suite 410, San Francisco, CA 94102

415-252-3929

www.sfdph.org/dph/EH/CEHP/default.asp

- 提供社區講座及家訪教育，讓家庭和哮喘病患者認識哮喘病與建立控制環境誘發因素的技巧。
- 按照全國有關處理哮喘病的醫療指引，訓練醫護人員了解及如何診療哮喘病人。
- 訓練幼兒工作者了解及如何處理哮喘病。
- 與一些社區診所合作，於三藩市內一些醫院或診所提供個別哮喘教育給病患人士。

華人社區健康資源中心

835 Jackson Street, Suite 407, San Francisco, CA 94133

415-677-2473

www.cchrhealth.org

- 舉辦哮喘教育和護理班給會員和公眾人士。
- 提供個人哮喘管理輔導。
- 印發中、英文哮喘教育資料。

**三藩市公共衛生署：
哮喘預防服務**

1390 Market Street, Suite 210, San Francisco, CA 94102

415-252-3887

www.sfdph.org/dph/EH/asthma/default.asp

- 經醫護人員轉介，提供家居檢查服務以鑒識環境誘發因子。
- 幫助業主與房客改善居住環境，包括樓房衛生與結構維修，以符合法例的要求。
- 協助有需要的家庭或個別人士申請家居支援服務。

東北醫療中心

1520 Stockton Street, San Francisco, CA 94133

415-391-9686

www.nems.org

- 提供教育輔導給哮喘病患者。
- 印發中、英文哮喘教育資料。
- 與兒童環境衛生促進計劃合作，於其屬下的診所內提供個別哮喘教育給病患者。

三藩市保健計劃

201 – 3rd St., 7th Floor San Francisco, CA 94103

415-777-9992 (中文按 2 字)

415-777-9992 (只會員適用, 中文按 2 字)

www.sfhp.org

- 提供教育資訊給患哮喘病的會員。
- 贈送控制環境誘發因素物品, 例如: 防過敏床褥套及枕頭套。

三藩市人民服務署: 家居支援服務

1650 Mission Street, 5th Floor, San Francisco, CA 94103

415-355-6700

www.sfhsa.org

- 協助不能自我照顧的長者、弱視或殘疾人士處理家務。

凱撒醫療機構

2200 O'Farrell Street San Francisco, CA 94115

415-833-2200

www.kp.org

- 為會員舉辦如何處理哮喘的教育講座。
- 提供哮喘教育小冊與錄像帶給會員。

聖路加醫院肺部護理教育計劃

3555 Cesar Chávez St. San Francisco, CA 94110

415-641-6850

www.cpmc.org

- 提供以下服務: 成人個別輔導及家庭教育、兒科住院病床前教育、及社區外展教育。

籃十字

www.anthem.com

- 提供網上哮喘教育資訊。

加州太平洋醫療中心: 社區健康資源中心

2100 Webster Street, Suite 100

San Francisco, CA, 94118

415-923-3155

www.cpmc.org/chrc

- 提供患哮喘的成人會員兩小時自我管理課程。
- 舉辦與哮喘相關的教育: 為家長而設計的哮喘處理課程、戒煙教育。

灣景獵人角健康及環境資源中心

828 Innes Avenue, Unit 110 , San Francisco, CA 94124

415-401-6810

www.bayviewherc.org

- 提供哮喘管理計劃予患有哮喘病或有類似哮喘徵狀的學前班至小五的兒童。
- 提供教育講座及轉介服務。
- 為成年哮喘病者和有孩子患哮喘病患的父母或監護人提供一對一教育指導。
- 為居住於三藩市東南區而患有哮喘的居民提供環境檢查服務。
- 舉辦免費哮喘日營，教導參加者處理哮喘病的技巧和如何辨識哮喘誘發因子與徵狀。
- 舉辦資訊講座。



- 戒煙服務 -

加州亞裔電話戒煙輔助中心

普通話（國語） / 廣東話：**1-800-838-8917**、
英語：**1-800-662-8887**、西班牙語：**1-800-456-6386**、韓國語：**1-800-556-5564**、
越南語：**1-800-778-0866**
聾人電訊設備：**1-800-933-4833**

www.cpmc.org

- 提供國、粵語和其它語言電話戒煙輔導。
- 提供中文和其它語言的教育資料。

三藩市無煙草計劃

www.sftfc.globalink.org/index.shtml

- 提供有關吸煙率和預防二手煙的各樣資訊。
- 提供中文與其它語言的教育資料。

三藩市公共衛生署 - 華埠公共衛生局

1490 Mason Street, San Francisco, CA 94133

415-364-7908

www.sfdph.org/dph/comupg/pservices/medSvs/hlthCtrs/ChinatownHlthCtr.asp

- 以廣東話及普通話（國語）提供有關煙草危害健康和如何戒除煙癮的教育。
- 開設一對一戒煙輔導與小組研習班。

三藩市停止吸煙計劃

www.sftfc.globalink.org/StopSmokingPrograms.pdf

以下僅供參考的資料是三藩市無煙草計劃於 2010 年 7 月提*。

三藩市無煙草計劃資助項目 - 免費服務！

華埠公共衛生局：Mason 街，1490 號。以廣東話或普通話（國語）提供戒煙教育；提供一對一及小組輔導。服務費全免。致電：**364-7908**。

The Last Drag：免費為女同志、同性戀者、雙性戀人士、變性人士、及愛滋病患者提供小組戒煙輔導。網址：www.lastdrag.org。電郵：info@lastdrag.org。電話：**339-STOP (339-7867)**。

Maxine Hall 衛生局：Pierce 街，1301 號（夾 Ellis 街）。免費為三藩市市民、居住於三藩市西增區的居民、及該局的病人提供小組戒煙輔導。查詢小組班期，致電：**206-6074**。

三藩市總醫院無煙草、戒煙計劃：Potrero 街，1001 號。提供每週小組戒煙班及電話支緩服務、善後電話支緩、每月舉辦一次預防煙癮復發小組和諮詢。所有服務皆免費。總醫院備有輪椅通道設施。網址：www.sfsmokefree.org。電郵：www.sfsmokefree@aol.com。電話：**206-6074** 或 **206-4314**。

東南衛生局：Keith 街，2401 號。免費為三藩市市民、特別是居住於三藩市灣景或訪谷區的居民提供小組戒煙輔導。查詢有關小組班期，致電：**206-6074**。

海洋公園衛生局：24th Avenue，1351 號。除了俄語班外，從 2011 年開始，增設廣東話/普通話（國語）小組戒煙項目。所有戒煙班，皆不需付費。電話：**682-1963**（英語）；**682-1972**（俄語）。

非牟利機構及醫院項目 - 一些服務是收費的：

美國心臟協會： 120 Montgomery 街，1650 室。提供自助資料、服務轉介。電話：**433-2273**。

呼吸加州： 帝利城，Junipero Serra 大道，2171 號，720 室。提供支援小組、自助資料等服務（三藩市居民需繳納 75 元）。免費提供三藩市校內青年戒煙班。“Ashkickers” 聖馬刁縣成年居民及工人戒煙班。網址：www.ggbreathe.org。電話：**650-994-5868**。

華人社區健康資源中心： Jackson 街，835 號。提供廣東話 / 普通話（國語）服務轉介。電話：**677-2473**。

社區健康資源中心： Webster 街，2100 號，100 室。提供戒煙服務教育資料和轉介。亦有舉辦為期五週，以傳統及整體方法為重點的小組戒煙班。收費為 50 元。電話：**923-3155**。

凱撒醫療機構： Geary 街，2241 號。提供三類戒煙方式。電話：**833-3450**。

太平洋護理停止吸煙計劃： 只提供給太平洋護理計劃受助人的停止吸煙免費計劃。一對一電話方式輔導。西班牙語和英語。免費電話：**800-292-2336**。

聖法蘭西斯醫院精明復原計劃： Hyde 街，900 號，二樓。戒煙小組及預防復發。週一及週三，晚上七時至八時三十分。網址：www.threeminutetherapy.com。電話：**673-2848**。

設於 Mt. Zion 的加州大學三藩市分校醫療中心煙草教育中心： Divisadero 街，1600 號，A535 室。為期四週的戒煙項目和每週預防復發計劃。提供醫生諮詢服務。收費 55 元。查詢更多資料，致電：**885-7895**。

加州大學三藩市分校消除習慣診所： Scott 街，1515 號。免費提供臨床研究。致電查詢即將舉行的研究。網址：www.ucsf.edu/nosmoke。電話：**476-7453**。

加州大學三藩市分校 / 三藩市總醫院網絡健康研究中心：西班牙語/英語雙語網站。透過互聯網的方式，提供測試和發展免費戒煙介入服務。工作人員為加州大學三藩市分校醫學院職員。網址：
www.stopsmoking.ucsf.edu。

退伍軍人行政醫療中心：Clement 街，4150 號。免費給予退伍軍人個別輔導和小組戒煙服務。電話：**221-4810**，內線 **3142**。

非傳統的 / 自助計劃一大部份都是收費項目：

針灸 (Tamara Ostrovsky, LAC, RRT, RCP)：Sutter 街，2320 號，101 室。以針灸及排毒治療方法來戒煙。查詢收費，致電：**963-2111**。

灣區自然醫藥 (Minna Yoon 醫生, ND, L.Ac.)：Irving 街，919 號，104 室。使用針灸及營養輔導方法來協助戒煙。查詢收費，致電：**564-3200**。

社區針灸計劃：DeHaro 街，555 號，G 室。提供耳朵針灸、草本茶、和資源介紹。捐獻五至十元。電話：**282-9603**。

Herzberg & Associates：Market 街，425 號，2200 室。使用個人催眠法來戒煙。致電免費索取如何減壓的光碟和其它資料。查詢收費，致電：**952-2200**。

促進健康的催眠法：Hyde 街，815 號，302 室。提供催眠光碟、及三年免費復發預防。查詢收費，上網：<http://www.hypnosisforhealth.com>，或致電：**775-7797**。

尼古丁匿名：十二步自助小組計劃。查詢服務地點及時間，致電 **750-0328**。

即時停止吸煙：一對一的一小時催眠。備有光碟。終生支援。中心遍布灣區。查詢收費，上網，<http://www.stopsmokinginstantly.com>，或致電：**877-822-6774 (877-UCAN SSI)**。

現時停止吸煙計劃：中心位於三藩市及東灣。一節性的停止吸煙服務，包括催眠治療、光碟。免費電話諮詢。終生保證。按參加者的經濟情況，採取遞加或遞減方式收費。上網：<http://www.intendbalance.com>，或致電 **925-215-4017**。

Quan Yin 中心：Valencia 街，455 號。低收費針灸戒煙服務。查詢收費，上網：www.qyhacinfo@aol.com，或致電：**861-4964**。

* 上述資料僅供參考，並未得到三藩市公共衛生署無煙草計劃的認可或核準。二零一零年七月修訂。



— 業主與租客服務：房屋標準 —

I. 政府機關

公共衛生署：衛生法例執行計劃

1390 Market Street, Suite 210, San Francisco, CA 94102

415-252-3805

www.sfdph.org/dph/EH/codeEnforce/default.asp

- 檢查及執行違反環境衛生法例的投訴，並在有需要時向業主發出違例通知，要求作出相關的改善。違反衛生條例包括：二手煙、室內霉菌、害蟲(蟑螂、老鼠)禍害、過多寵物、存放太多雜物、堆積垃圾等。

租金委員會

25 Van Ness Ave. #210, San Francisco, CA 94102

415-252-4600

www.sfrb.org

- 協助租客和業主了解樓房事務、法定的權利及義務。

建築物檢署：房屋檢查組

1660 Mission Street, San Francisco, CA 94103

415-558-6220

www.sfdbi.org

- 檢查違反建築物條例的樓房，包括地毯破爛、沒有供應安全暖氣設備、漏水、房屋失修、或結構受損等。

民居局：公共房屋行動組

申訴專員

1815 Egbert Ave., San Francisco CA 94124

415-715-3951

www.sfha.org

- 處理租客與民居局之間的矛盾。

市政府熱線：311

www.sfdph.org/dph/EH/Air/Smoking.asp

- 處理有關預防二手煙的違例投訴。(三藩市衛生條例禁止在下列的樓房範圍內吸煙：1. 樓房的出、入口、可操作的窗口、及通風的範圍；2. 多住房單位大廈的公眾範圍，例如，覆蓋的停車場、大堂、等候的地方、升降機、走廊、內部樓梯、衛生間、會議和集會地方、烹飪範圍、進餐和休息房間、浴室、康樂室、洗衣場所、等)。

II. 建築物檢察署法例執行外展計劃

華協中心

1525 Grant Avenue, San Francisco, CA 94133

415-984-1450

www.chinatowncommunitydevelopmentcenter.org

- 提供租客權利輔導服務；倡導租客權益；調解不合理逼遷。
- 調解業主與租客之間的糾紛。

Causa Justa :: Just Cause

(聖彼德房屋委員會於2010年9月與它合併)

2301 Mission St., Suite 201, San Francisco, CA 94103

415-487-9203

www.cjjc.org

- 透過轄下的房屋委員會 / 租客權利項目，向低收入居民提供輔導及個案管理；並協助調解業主與租客之間有關樓房投訴的事項。

房屋權利委員會

427 South Van Ness, San Francisco, CA 94103

415-703-8634

www.hrscsf.org

- 協助租客和業主了解樓房事務、法定的權利及義務。

田德隆房屋中心

126 Hyde Street, San Francisco, CA 94102

415-771-9850

www.thclinic.org

- 提供廉租房屋
- 給予低收入的家庭法律援助。

三藩市樓寓協會

265 Ivy Street, San Francisco, CA 94102

415-255-2288

www.sfaa.org

- 調解業主與租客之間的糾紛。
- 為業主舉辦了解樓寓安全責任的課程。

III. 其它非牟利機構

灣景獵人角健康及環境資源中心

828 Innes Ave, Unit 110, San Francisco, CA 94124

415-401-6810

www.bayviewherc.org

- 為居住於三藩市東南區內患哮喘人士的家庭提供家居教育及環境檢查。

防禦逼遷聯盟

995 Market St, # 1200, San Francisco, CA 94103

415-401-6810

www.evictiondefense.org

- 給予收到搬遷通知的房客適當的法律援助。收費是按照受助人的經濟情況而作出遞加或遞減。
- 向合資格的房客提供租金援助。

灣區法律援助

1035 Market Street, 6th Floor, San Francisco, CA 94103

415-982-1300

www.baylegal.org/offices/san-francisco/

- 協助低收入的家庭處理有關房屋的問題。
- 協助預防無家可歸、保留和擴展可付擔房屋、及抗衡非法逼遷。
- 提供與下列事項相關的法律援助。
 - 公共、資助(例如第八段房屋、房屋及都市發展部津貼的房屋項目)、及私人等房屋
 - 公平房屋與房屋歧視
 - 住房情況
 - 租金管制
 - 逼遷防禦
 - 被鎖於屋外及水、電、煤被關閉
 - 住宅旅館
 - 訓練倡導房屋和社區機構的工作人員

- 控制哮喘和過敏症的環境誘發物品 -

包括防過敏*的床褥和枕頭套、配備高效能微粒及空氣(HEPA⁺)過濾器的吸塵機、防過敏的吸塵袋、加濕機、抽濕機、和其它清潔用品。售賣以上產品的公司包括：

- **Bed, Bath, and Beyond**
- **Mervyn's**
- **J.C. Penny**
- **Sears**
- **Macy's**
- **Target**

防過敏*：意思是防止引發過敏反應的障礙物或保護。以下物體可以在日常環境中引發哮喘或過敏

症：塵滿、霉菌、和動物的皮垢或毛。

HEPA⁺：是高效能微粒空氣過濾器的英文簡寫。**HEPA**過濾器是用非常緊密的玻璃纖維製造；它可以過濾小至十份三微米的百分之九十九點九九九七的微粒。這個數字是重要的因為很多

過

敏原都非常細小，必須使用 **HEPA** 過濾器才能夠清除。

清除你家裡的哮喘誘發物

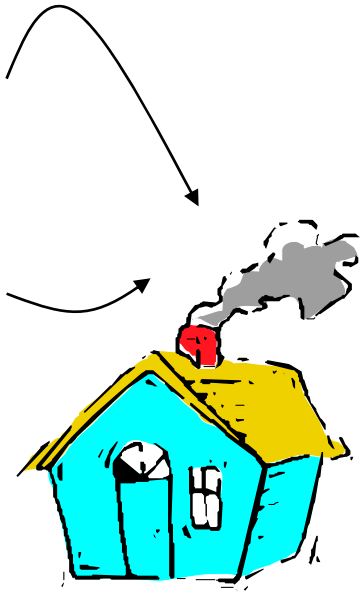
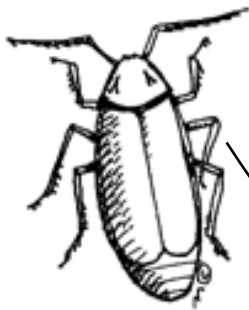
香煙



塵蹣



害蟲



動物皮屑



霉菌



哮喘控制計劃

姓名: _____

醫生及電話號碼: _____

控制藥，每天使用 以保持健康	服用量	服用次數	其它指示，例如，呼吸間隔器/面罩、 噴霧器
		每天使用，每天____次！	
		每天使用，每天____次！	
快速緩解藥物	服用量	服用次數	其它指示
		只在有需要時使用	注意：如經常服用這藥，每星期____次，請打電話給醫生

綠區	穩定： 呼吸順暢、沒有咳嗽及氣喘聲、成年人如常工作、孩子如常玩耍	每天 預防 哮喘症狀的出現：每天使用上述的哮喘控制藥、避免暴露於哮喘引發物)
黃區	警告： 呼吸短促、不斷咳嗽、喘息、夜間覺醒、胸部拉緊	警告： 繼續服用 每天 指定的哮喘藥並使用)： _____ _____
紅區	緊急： 呼吸困難及短促、藥物不能緩解症狀、不能如常行走及說話、肋骨顯現 危險！請立即求助！	醫療警戒！ 立即求助！迅速到醫院或馬上致電 911 ；更多使用 _____直至得到援助 馬上致電 911 如果: 頸部或肋骨周圍的皮膚出現內陷、或嘴唇和/或指甲顏色變灰或藍、或沒有反應