

Helpful Asthma Resources



Tobacco and Vaping

- 1-800-QUIT-NOW
- Smokefree.gov
- Teen.smokefree.gov
- Smoke Out: Tobacco Pirates app

Flu and COVID resources

- <https://www.texaschildrenshealthplan.org/flu-shot>
- <https://www.texaschildrenshealthplan.org/covid/information>



Texas Children's[®]
Health Plan

1-888-559-PLAN
[texaschildrenshealthplan.org](https://www.texaschildrenshealthplan.org)