











# MY ASTHMA TRIGGERS

Child's Name: \_\_\_\_\_

*Check all asthma triggers. Circle interventions for family to use.*

<input type="checkbox"/> 	<b>COLDS:</b> <ul style="list-style-type: none"> <li>• Start sick treatment plan as soon as you have cold symptoms</li> <li>• Call your doctor if symptoms do not improve</li> <li>• Wash hands often to prevent spread</li> </ul>
<input type="checkbox"/> 	<b>STRONG SMELLS &amp; SPRAYS:</b> <ul style="list-style-type: none"> <li>• Avoid perfumes, cleaning agents, sprays, candles, and essential oil diffusers</li> <li>• Wipe all surfaces in the house with a damp cloth every week instead of using strong cleaning agents</li> <li>• Clean the house when the child is not around</li> </ul>
<input type="checkbox"/> 	<b>CIGARETTE SMOKE:</b> <ul style="list-style-type: none"> <li>• Do not smoke in any place where your child is or goes</li> <li>• Do not use a wood burning stove or fireplace</li> <li>• Do not use stoves or heaters without vents</li> <li>• If you smoke, smoke outside &amp; cover-up your clothing</li> </ul>
<input type="checkbox"/> 	<b>ANIMALS WITH FUR:</b> <ul style="list-style-type: none"> <li>• Keep pets out of the room where the child sleeps</li> <li>• Keep the door shut or block off the door</li> <li>• Keep pet off the bed</li> </ul>
<input type="checkbox"/> 	<b>MOLD:</b> <ul style="list-style-type: none"> <li>• Do not go in a damp basement</li> <li>• Do not keep plants in bedroom</li> <li>• No live Christmas trees</li> <li>• Clean bathroom with a weak bleach solution monthly</li> <li>• Do not use humidifiers</li> <li>• No carpet in the bedroom</li> </ul>

<input type="checkbox"/> 	<b>COCKROACHES &amp; MICE:</b> <ul style="list-style-type: none"> <li>• Do not leave food uncovered on counters</li> <li>• Store food in zip locked bags or plastic containers with covers</li> <li>• Do not eat in the bedroom or where people sleep</li> <li>• Use a garbage can with a lid inside your house</li> <li>• Keep sink and under sink area dry</li> <li>• Remove trash from inside your house daily</li> <li>• Call your landlord and ask that s(he) "bomb" your home; Your child must stay out of your home until all the smell has gone away</li> <li>• Block all openings in which mice could enter</li> </ul>
<input type="checkbox"/> 	<b>POLLEN FROM TREES &amp; FLOWERS:</b> <ul style="list-style-type: none"> <li>• Rainy days take pollen out of the air</li> <li>• Pollen counts are highest between 5am and 10am</li> <li>• Take shower after outdoor exposure; Pollen collects on your body, hair and will rub off on your bed linens</li> <li>• Do not hang clothes outside; pollen will collect on them</li> <li>• Avoid fresh cut grass</li> <li>• A HEPA filter may decrease pollen</li> </ul>
<input type="checkbox"/> 	<b>DUST &amp; DUST MITE:</b> <ul style="list-style-type: none"> <li>• Place pillow and mattress in covers that protect you from dust mites (allergen-impermeable)</li> <li>• Wash all of your child's bedding in hot water every week</li> <li>• Pick one favorite stuffed toy and keep the others in a closed box</li> <li>• Wipe all surfaces in the house including the floors with a damp cloth every week</li> <li>• Clean the house when your child is not around</li> <li>• Avoid heavy curtains and blinds</li> </ul>
<input type="checkbox"/> 	<b>COLD AIR:</b> <ul style="list-style-type: none"> <li>• Cover your mouth with a scarf</li> <li>• Use albuterol before going out in cold air</li> </ul>
<input type="checkbox"/> 	<b>EXERCISE:</b> <ul style="list-style-type: none"> <li>• Warm up before running or playing hard</li> <li>• Use albuterol or ICS/LABA before exercise</li> </ul>