








Asthma Triggers



- Listen to your doctor!
- Take medicine as prescribed by the doctor.
- Visit the doctor every 6 months for checkups.

	Cigarette Smoke	<ul style="list-style-type: none"> • Don't smoke near children (including your home and car). • Stay away from other people who smoke or public smoking areas. • If you smoke, only smoke outside. Change your outer clothes and wash your hands after you come inside so your child is not exposed to the third-hand smoke.
	Pets	<ul style="list-style-type: none"> • Keep pets off furniture and carpeted areas. • Vacuum, dust and clean at least once a week. • Keep pets out of your child's bedroom.
	Colds & Viruses	<ul style="list-style-type: none"> • Frequently wash your child's hands with soap and water. • Children should get plenty of rest, eat a balanced diet and exercise regularly.
	Dust Mites	<ul style="list-style-type: none"> • Wash bedding in hot water (every week) to kill dust mites. • Vacuum weekly without your child in the room. • Use plastic or allergen resistant covers on mattresses and pillows.
	Rodents	<ul style="list-style-type: none"> • Keep kitchen counters clean and free of food. • Store food in sealed containers. • Place traps and patch holes where rodents may enter your home.
	Pollen	<ul style="list-style-type: none"> • Stay indoors when the pollen count is high. • Keep windows closed and use the air conditioner when the pollen count is high.
	Roaches	<ul style="list-style-type: none"> • Clean up food and trash immediately. • Get rid of newspapers, cardboard and paper bags (where roaches like to nest).
	Irritants	<ul style="list-style-type: none"> • Do not use bleach, cleaning products, or harsh chemicals when your child is present. Avoid perfumed products. • Ventilate areas where chemicals are used.
	Cold Air	<ul style="list-style-type: none"> • Cover your child's neck and face with a scarf. • Encourage your child to breathe through their nose to warm air.
	Mold/ Mildew	<ul style="list-style-type: none"> • Clean hard surfaces with bleach mix (1 part bleach, 2 parts water). • Don't use vaporizers or misters which add humidity to the air. • Use exhaust fans or open windows to circulate air.

