

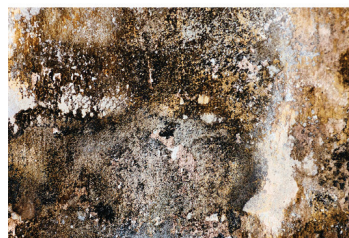
# Managing Asthma Triggers

## What is asthma?

Asthma is a disease that affects the tubes that carry air to your lungs (called airways). Asthma makes it hard for you to breathe. When a person has asthma, the airways get inflamed and smaller. This makes it harder for air to move in and out of the lungs.

Asthma can affect you in different ways. There are times when you may have asthma attacks every now and then. At other times, you may have them every day. This explains why your asthma treatment can change over time and why it is so important to pay attention to your symptoms.

Asthma triggers are any allergin or substance that causes your asthma to flare-up. They can be different from person to person and so it's important to know which ones affect you. Mark which of the listed triggers affect you in order to create your Asthma Action plan.



Trigger	Solution
<p><input type="checkbox"/> <b>Cigarette Smoke</b> If you have asthma, it's important not to smoke. Cigarette smoke makes your asthma worse by harming the airways of your lungs. Smoking may also cause lasting damage to your airways.</p>	<ul style="list-style-type: none"> <li>• If you smoke and have asthma, the best thing you can do is quit.</li> <li>• If a family member smokes, ask that person not to smoke inside the house, car, or any small spaces with out air flow.</li> </ul>
<p><input type="checkbox"/> <b>Pests</b> Many people with asthma are allergic to the dried droppings and remains of cockroaches. Many people are also allergic to the hair, dander, and droppings of rodents.</p>	<ul style="list-style-type: none"> <li>• Keep food and garbage in closed containers (never leave food out).</li> <li>• Use bait or traps to get rid of cockroaches, mice, or rats.</li> <li>• If a spray is used to kill roaches, stay out of the room until the odor goes away.</li> </ul>
<p><input type="checkbox"/> <b>Dust Mites</b> Dust mites are tiny bugs you cannot see that live in cloth and carpet. Dust and dust mites can be found in pillows, mattresses, stuffed toys, bedding, rugs or carpet. These can trigger asthma symptoms in people who are allergic to dust mites.</p>	<ul style="list-style-type: none"> <li>• Dust and vacuum your house using a vacuum with a HEPA (high-efficiency particulate air) filter.</li> <li>• Use special dustproof covers for your pillows and mattress.</li> <li>• Wash the sheets and blankets each week in hot water.</li> <li>• Keep stuffed animals and toys off the bed.</li> <li>• Wash stuffed animals and toys weekly in hot water.</li> </ul>

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<input type="checkbox"/> <b>Mold</b> Mold and mold spores grow indoors when they land on damp or wet surfaces.	<ul style="list-style-type: none"> <li>• Fix leaky faucets, pipes, and other sources of water.</li> <li>• Clean mold off surfaces with a cleaner that has bleach in it.</li> <li>• Replace or wash moldy shower curtains.</li> <li>• Open a window or turn on the exhaust fan when you shower.</li> </ul>
<input type="checkbox"/> <b>Pets</b> Some people are allergic to the dander (the flakes of skin), dried saliva, or urine that comes from animals with fur or feathers.	<ul style="list-style-type: none"> <li>• Bathe your dog or cat weekly. This may cut down on its dander.</li> <li>• Don't allow pets in your bedroom.</li> <li>• Keep pets outside if possible.</li> <li>• Vacuum often, ideally using a vacuum with a HEPA (high-efficiency particulate air) filter.</li> </ul>
<input type="checkbox"/> <b>Pollen</b> If you have an allergy to pollen or outdoor mold, allergy season can be tough on your asthma. While you can't avoid pollen entirely, it's good to know which seasons affect you the most.	<ul style="list-style-type: none"> <li>• Try to keep your windows closed. If possible, use air conditioning.</li> <li>• Be sure to ask your healthcare provider if you need to change how you are managing your asthma before allergy season starts.</li> </ul>
<input type="checkbox"/> <b>Strong Odors, Sprays, And Smoke</b> If you have asthma, you may be very sensitive to strong odors or chemicals in the air.	<ul style="list-style-type: none"> <li>• If possible, do not use a wood-burning stove, kerosene heater, or fireplace.</li> <li>• Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, paints, and pesticides.</li> </ul>

## My Plan of Action


## Take your medicines

Medicine's Name	How many times	When to take it

## Stay in touch

	Phone Number
Doctor	
Nurse	
Specialist	
Pharmacist	