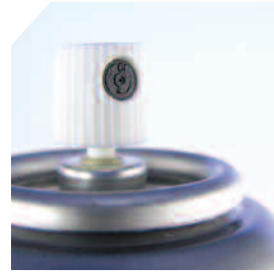


HealthyActions

Achieving Your Goals for Healthy Living



Trigger Tips: Controlling Your Asthma Triggers

Allergy: When a person is very sensitive to certain foods, liquids, pollen, insect bites, or animals. The allergy can cause an allergic reaction and make the person sick, sneeze, itch, swell, or have rashes.



Asthma triggers are things that bother your lungs and start or “trigger” asthma symptoms. An asthma trigger is anything that causes your asthma symptoms to worsen. Sometimes you cannot avoid triggers.

Here are some Trigger Tips to help you take control.

Be pet smart.

Your pet may trigger your asthma. A skin allergy test is the best way to find out. Talk to your doctor about allergy testing.

Pet Smart TIPS:

- Keep litter boxes clean
- Keep carpets and air duct clean
- Wash pets weekly and outdoors if possible
- Keep the pet out of bedrooms

A Healthy Home

Keeping a clean and healthy home is important.

Home TIPS:

Dust Mites:	Cover bedding with allergy-proof covers
	Wash bedding in hot water every week
	Dust and vacuum every week
Indoor Mold:	Repair all water leaks in kitchens or baths
	Avoid carpet in bathroom
	Wash shower curtains and liners
Avoid Fumes:	Paint fumes and pesticides
	Air fresheners, scented candles, and hairspray
Secondhand Smoke:	Keep your home smoke free



Trigger Tips: Controlling Your Asthma Triggers

Prevent asthma episodes caused by exercise. Talk with your doctor to plan before and after exercise actions.



Fight the flu by getting immunized. Talk with your doctor in October.

The Pollen Problem

Know the pollen count for your area and try to stay indoors when the pollen count is high (from 10:00 AM to 4:00 PM) and when it is windy outside. The local news reports the pollen count. Remember the outdoors and weather can be asthma triggers that are hard to control.

Pollen Tips:

Keep your windows closed to prevent pollen from coming inside.

Use air conditioning during summer months in your home and car.

Don't hang clothes or bed sheets outside to dry.

Wash hands after petting a furry animal.

Change furnace filters monthly.

Avoid wood stoves and fireplaces.

MOLD MATTERS

Mold can be a powerful asthma trigger that can cause an asthma episode.

Outdoor

Avoid raking leaves and weeding flower beds or gardens. (Use a mask when working with plants or gardening to decrease your mold exposure)

Don't have puddles of water in the gutters or next to the house.

Remove dead leaves and plants outside the house. (Use a mask when working outdoors)

Use these tips and helpful hints to take control of your asthma and avoid triggers.

Reference

The American Academy of Allergy, Asthma & Immunology. Available at: www.aaaai.org.