



Breathe Easy

A Trigger Checklist for Parents: Tips to Avoid Asthma Triggers



Asthma Triggers:	How Can My Child Avoid These Triggers?
Outdoor Triggers: <input type="checkbox"/> Pollen/Flowers/ Trees/Grass/Mold	During the allergy season (starts as early as March and can last till October) you should: <ul style="list-style-type: none"> • If possible, keep your child indoors with the windows closed during the afternoon because that's when pollen and mold spore counts are the highest. • Avoid planning trips to a garden or forest during the allergy season. • Use the air conditioner when possible. • Ask your doctor if your child needs allergy medicine(s).
<input type="checkbox"/> Traffic pollution	<ul style="list-style-type: none"> • Keep the car windows closed and turn on the air conditioner. • Avoid standing near idling motor vehicles.
<input type="checkbox"/> Change in weather	<ul style="list-style-type: none"> • Watch or listen to the weather channel before you dress your child. • Have your child wear warm clothes if it's cold outside. • Have your child bring a scarf, gloves, and hat when going out if it's cold outside.
Indoor Triggers: <input type="checkbox"/> Cockroaches	Many people are allergic to the dried droppings and remains of cockroaches. Prevent cockroaches in the home by: <ul style="list-style-type: none"> • Do not leave food out. • Keep food and garbage in closed containers. • Clean regularly.
<input type="checkbox"/> Mold	<ul style="list-style-type: none"> • Fix leaking faucets, pipes, or other sources of water. • Use a dehumidifier in the bedroom. • Clean moldy surfaces.
<input type="checkbox"/> Dust/Dust Mites:	Dust mites are tiny "bugs" you cannot see that live in cloth or carpeting. <ul style="list-style-type: none"> • Cover the mattress, pillows and blankets with a dust mite proof cover. • Clean and mop the house regularly. • Vacuum your house regularly and try not to use a broom because it will spread the dust.
<input type="checkbox"/> Aerosol spray	<ul style="list-style-type: none"> • Use aerosol spray in well-ventilated areas (window is open or fan exhaust is turned on). • Don't spray when your child is in the room or in the house; use when they are in school. • Tell your child to stay out of the room until the odor goes away.
Other Triggers: <input type="checkbox"/> Animals/Pets	<ul style="list-style-type: none"> • Keeps pets out of your child's bedroom. • Wash your pet regularly.
<input type="checkbox"/> Second Hand Smoking	<ul style="list-style-type: none"> • Do not allow smoking in the house, car or around your child. Ask people who smoke to smoke outside. • If you or a family member smokes, ask your doctor for ways to quit.
<input type="checkbox"/> Exercise	<ul style="list-style-type: none"> • Teach your child to warm up before any physical activity and to use their asthma inhaler 5 to 10 minutes before exercise. • Let your child's teacher or coach know that he/she has asthma and teach them how to use the asthma action plan.
<input type="checkbox"/> Cold and Flu	<ul style="list-style-type: none"> • Follow your child's asthma action plan if they get the cold or flu. • Remember to have your child get the flu shot every year.