


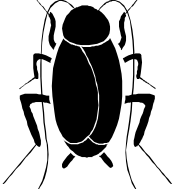






Asthma Trigger Control Plan

Because you have asthma, your airways are very sensitive. They may react to things called triggers (things that can cause asthma episodes). Your airways may become swollen, tighten up, and produce excess mucus in the presence of one or more of the triggers below. These triggers may make asthma symptoms worse or keep you from getting better. It's important to find out what your asthma triggers are. Learn ways to avoid them. If you cannot avoid triggers, and your medicine plan does not work as well as you and your doctor think it should, you both should discuss allergy shots (immunotherapy).

- Ask your doctor to help you find out what your triggers are.
- Ask your doctor for help in deciding which actions will help the most to reduce your asthma symptoms.
- Number each action item in order of importance. Carry out these actions first. Once you have completed these actions, move on to actions that are of lesser importance.
- Discuss the results of these efforts with your doctor.

	<p>Pollens and Molds (outdoor)</p> <ul style="list-style-type: none"> • Stay indoors during the midday and afternoon when the pollen count is high. • Use air conditioning, if possible. • Keep windows closed during seasons when pollen and mold are highest. • Avoid sources of molds (wet leaves, garden debris). 	
<ul style="list-style-type: none"> • Encase your mattress and box spring in an airtight cover. • Either encase your pillow or wash it once a week every week. • Avoid sleeping or lying on upholstered furniture. • Wash your bed covers, clothes, and stuffed toys once a week in hot (130° F) water. • Keep bathrooms, kitchens, and basements well aired and clean. • Do not use humidifiers. 		<p>House Dust Mites & Mold</p> 
	<p>Animal Dander</p> <ul style="list-style-type: none"> • Remove the animal from the house or school classroom. • If you must have a pet, keep the pet out of your bedroom at all times. • If there is forced air heating in the home with a pet, close the air ducts in your bedroom. • Wash the pet weekly. • Avoid visits to friends or relatives with pets. • Take asthma medicine before visiting homes or sites where animals are present. • Choose a pet without fur or feathers (such as a fish or a snake). • Avoid products made with feathers, for example, pillows and comforters. • Use a vacuum cleaner fitted with a HEPA (high-efficiency particulate air) filter. 	
<ul style="list-style-type: none"> • Use insect sprays; but have someone else spray when you are outside of the home (air out the home for a few hours after spraying.) • Use roach traps. 		<p>Cockroach Allergen</p> 
	<p>Tobacco Smoke</p> <ul style="list-style-type: none"> • Do not smoke and do not allow smoking in the home. • Have household members smoke outside or encourage them to quit. • Use an indoor air-cleaning device (for smoke, mold, and dander). 	
<ul style="list-style-type: none"> • Do not stay in your home when it is being painted. Allow enough time for the paint to dry. • Avoid perfume and perfumed cosmetics such as talcum powder and hair spray. • Do not use room deodorizers and use non-perfumed household cleaning products whenever possible. • Reduce strong cooking odors (especially frying) by using a fan and opening windows. • Avoid air pollution by staying indoors on days when the pollution count is high. 		<p>Strong Odors and Sprays</p> 
	<p>Colds and infections</p> <ul style="list-style-type: none"> • Avoid people with colds or the flu. • Get rest, eat a balanced diet, and exercise regularly. • Talk to your doctor about flu shots. • Do not take over-the-counter cold remedies, such as antihistamines and cough syrup, unless you speak to your doctor first. 	
<ul style="list-style-type: none"> • Work out a medicine plan with your doctor that allows you to exercise without symptoms. • Take inhaled beta2-agonist or medicine before exercising. • Warm up before doing exercise and cool down afterwards. 		<p>Exercise</p> 

Remember: Making these changes will help keep asthma episodes from starting. An asthma trigger control plan is an important part of controlling asthma.