

Things that make asthma worse are called triggers. Triggers can be inside your home and school.



DO YOU KNOW YOUR ASTHMA TRIGGERS?

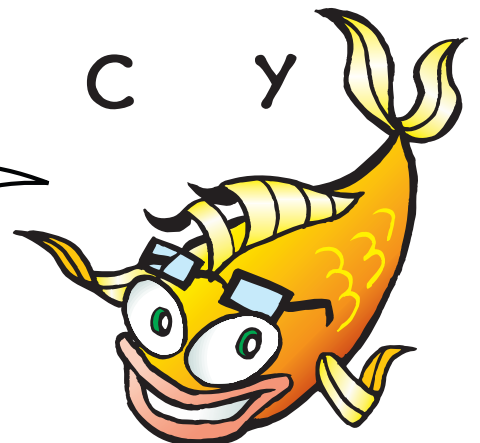
- | | |
|---|---|
| <input type="checkbox"/> Dust Mites | <input type="checkbox"/> Pollen |
| <input type="checkbox"/> Mold | <input type="checkbox"/> Cold Air |
| <input type="checkbox"/> Secondhand Smoke | <input type="checkbox"/> Respiratory Infections |
| <input type="checkbox"/> Pet Dander | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Cockroaches | <input type="checkbox"/> Others |



Mold grows in damp areas like basements, kitchens, and bathrooms. Clean up mold and fix water leaks.

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S	U	T	C	J	L	R	A
P	D	M	Z	F	U	M	L
O	A	Y	I	T	V	O	L
R	M	Z	S	D	K	L	E
E	P	I	P	A	I	D	R
S	O	P	E	N	Q	T	G
M	I	L	D	E	W	C	Y

Find the words: mold, water, leak, spores, humidity, moisture, allergy, damp, and mildew that relate to mold.





Droppings and body parts from cockroaches can trigger asthma. Clean up food and water so cockroaches have nothing to eat or drink.

EXIT



EXIT

Get this cockroach out of the kitchen!





Secondhand smoke comes from other people's cigarettes, cigars, or pipes. Don't allow smoking in your home or car.

27.

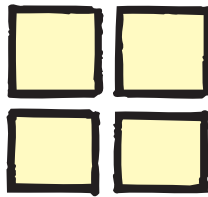
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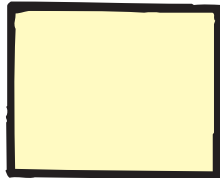
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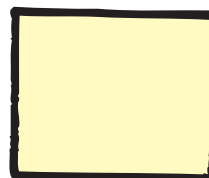
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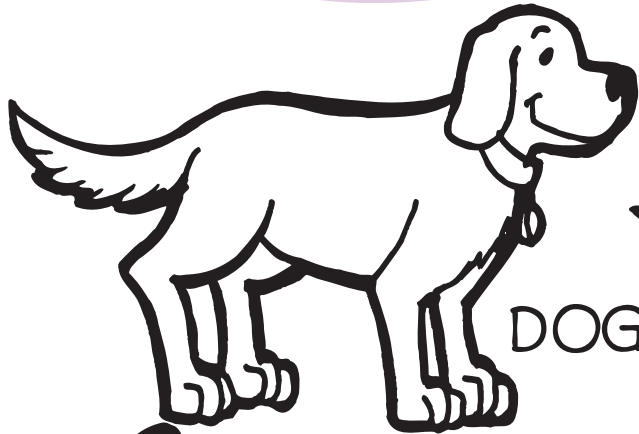
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Connect the dots to make a smoke free home!

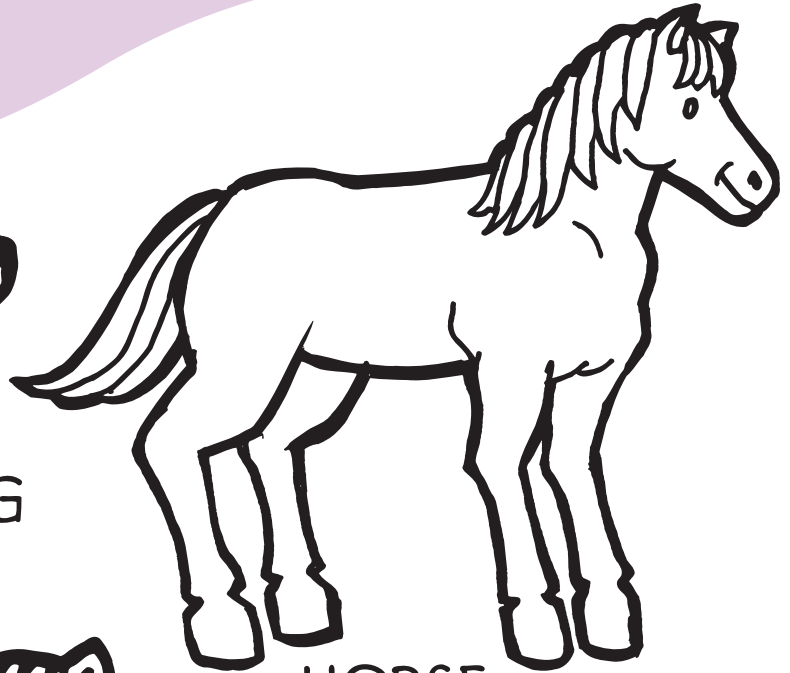




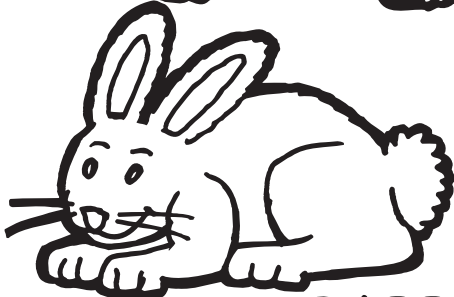
Your pet's skin flakes (dander) can trigger asthma.
Find a new home for your pet or keep your pet outside.



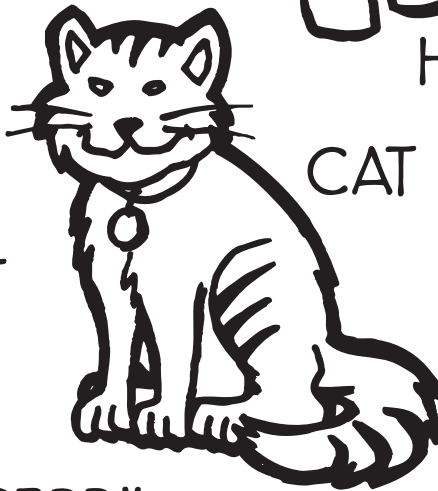
DOG



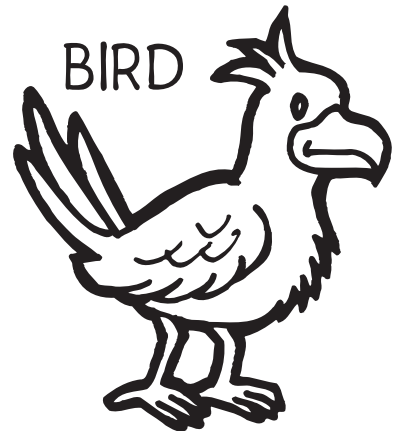
HORSE



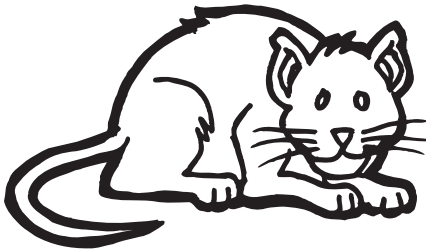
RABBIT



CAT



BIRD



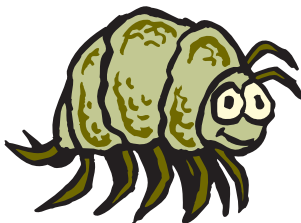
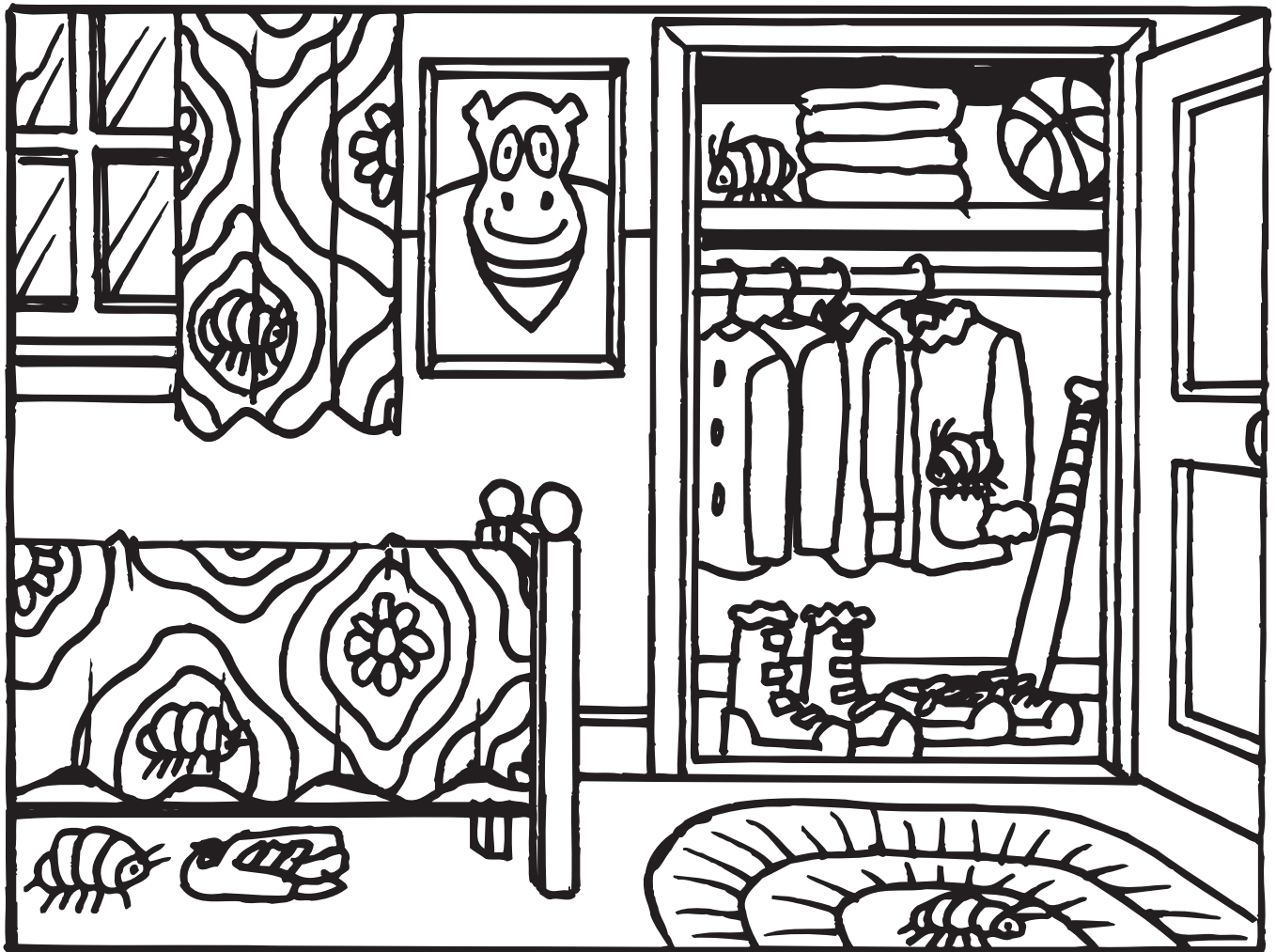
GERBIL



Color the pets above that have dander, which triggers asthma.



Dust mites are tiny bugs you cannot see. Dust mites live in mattresses, pillows, carpets, bed covers, clothes, and stuffed animals. Cover your mattress and pillow in dust proof covers.



I am a dust mite. Find and circle the places where I live.

Work with your doctor
to create an
ASTHMA PLAN
that works for you!

- Know and avoid triggers.
- Take medications as directed.
- Know what to do during an asthma attack.
- Keep emergency phone numbers handy.

