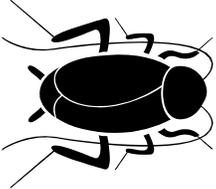


ASTHMA TRIGGERS

	<i>Done</i>	<i>Needed</i>	<i>Things you can do to remove asthma triggers from your home.</i>
<u>SMOKE</u> 	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke. Attend classes to help stop smoking.
	<input type="checkbox"/>	<input type="checkbox"/>	Do not allow smoking in the home or car.
	<input type="checkbox"/>	<input type="checkbox"/>	If you smoke, smoke outside.
<u>DUST</u> 	<input type="checkbox"/>	<input type="checkbox"/>	Vacuum weekly with high efficiency filter or central vacuum. Make sure people with asthma are not home when vacuuming.
	<input type="checkbox"/>	<input type="checkbox"/>	Remove carpet if possible. Wet before removing and then dry floor completely.
	<input type="checkbox"/>	<input type="checkbox"/>	Damp mop floors weekly.
	<input type="checkbox"/>	<input type="checkbox"/>	Wash bedding and stuffed toys in hot water every 1-2 weeks.
	<input type="checkbox"/>	<input type="checkbox"/>	Cover mattresses and pillows in dust proof zippered covers.
	<input type="checkbox"/>	<input type="checkbox"/>	Reduce clutter and remove stuffed animals.
	<input type="checkbox"/>	<input type="checkbox"/>	Replace heating system filters regularly.
<u>PESTS</u> 	<input type="checkbox"/>	<input type="checkbox"/>	Do not leave food or garbage out. Store food in airtight containers.
	<input type="checkbox"/>	<input type="checkbox"/>	Try using poison baits, such as boric acid for cockroaches. Instead of sprays/bombs, use baits placed away from children, such as behind refrigerator.
	<input type="checkbox"/>	<input type="checkbox"/>	Vacuum up cockroach bodies and fill holes in with copper wool.
	<input type="checkbox"/>	<input type="checkbox"/>	Fix leaky plumbing/roof or other sources of water.
<u>MOLD</u> 	<input type="checkbox"/>	<input type="checkbox"/>	Use an exhaust fans or open windows for cross ventilation when showering or cooking.
	<input type="checkbox"/>	<input type="checkbox"/>	Clean mold off hard surfaces with 10% bleach, then water and detergent and dry completely. Absorbent materials with mold may need to be replaced.
	<input type="checkbox"/>	<input type="checkbox"/>	Fix leaky plumbing or other sources of water or moisture.
<u>ANIMALS</u> 	<input type="checkbox"/>	<input type="checkbox"/>	Consider not having pets. Keep pets out of your child's bedroom.
	<input type="checkbox"/>	<input type="checkbox"/>	Wash your and your child's hands after petting animals.
<u>ODORS/SPRAYS/IRRITANTS</u> 	<input type="checkbox"/>	<input type="checkbox"/>	Avoid using strongly scented products, such as home deodorizers and incense, laundry products and perfumed personal care products.
	<input type="checkbox"/>	<input type="checkbox"/>	Do not use stove for heating.
	<input type="checkbox"/>	<input type="checkbox"/>	Avoid smoke from wood-burning stoves and fireplaces.
	<input type="checkbox"/>	<input type="checkbox"/>	When cleaning, keep child away and don't use strong smelling cleansers, including full strength bleach.

ASTHMA TRIGGERS

Good Job Needed Things to do to remove asthma triggers from your home

<p><u>POLLEN & OUTDOOR MOLDS</u></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Try to stay indoors when pollen and mold counts are high Keep windows closed during pollen season Avoid using fans; use air conditioners</p>
			
<p><u>COLDS, FLU, INFECTIONS</u></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Keep your body healthy with enough exercise and sleep Avoid close contact with people who have colds Get a flu shot</p>
			
<p><u>WEATHER and AIR POLLUTION</u></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>If cold air is a problem, try breathing through your nose rather than your mouth and covering up with a scarf Check for Spare the Air days and nights and avoid strenuous exercise On very bad pollution days, stay indoors with windows closed</p>
			
<p><u>EXERCISE</u></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Warm up before exercising Plan alternate indoor activities on high pollen days If directed by physician, take medication before exercise</p>
			

Triggers may make your asthma worse and should be avoided.