Controlling Asthma Triggers

Wee Breathers™
Asthma Education for Families with Young Children
This lesson is one of seven lessons on asthma management topics. Each lesson is designed to be taught one-on-one with a family by a home visitor or to a group of parents with young children who have asthma by a health professional in a child care setting.

Getting Ready

Things To Do

• Read through the session carefully until you are comfortable with delivering the content. Jot down any notes that may help you.
• Gather all supplies needed for the session. See the Materials, Equipment, and Supplies section for more information.
• Make copies of the lesson handouts and the two Wee Breathers™ Checklists: Asthma-Friendly Home and Asthma-Friendly Child Care.
• Confirm session date and time.

Lesson Objectives

By the end of this lesson, participants will be able to:

• develop a plan to avoid triggers and take simple low-cost actions to reduce triggers identified in the checklist.

Agenda

• Greeting & Overview 10 minutes
• Preventing Symptoms 5 minutes
• Controlling Asthma Triggers 20 minutes
• Your Role in Preventing Asthma Symptoms 15 minutes
• Summary & Questions 10 minutes

Total Time: 60 minutes

Materials, Equipment, and Supplies

• Pencil or pen (one per participant)

Teaching Tools

• TT #1: Pre-/Post-Test Answer Key

Asthma and Allergy Foundation of America

Wee Breathers™
LESSON 3  Controlling Asthma Triggers

Handouts
• HO #1: Pre-Test
• HO #2: Controlling Asthma Triggers (13 pages)
• HO #3: Action Plan for Environmental Control (2 pages)
• HO #4: Post-Test

Recommended Resources
Asthma and Allergy Foundation of America
www.aafa.org or www.asmaalergia.org (Spanish)

Asthma and Allergy Friendly Products and Services
www.asthmaandallergyfriendly.com

Centers for Disease Control and Prevention
www.cdc.gov/asthma/triggers.html

Environmental Protection Agency
www.epa.gov/asthma/triggers.html

Wee Breathers™ – Asthma-Friendly Home: A Checklist for Families

Wee Breathers™ – Asthma-Friendly Child Care: A Checklist for Providers

Kids with Food Allergies Foundation
www.kidswithfoodallergies.org

Local and National Allergy Forecast
www.pollen.com

Free Help to Quit Smoking
www.smokefree.gov; www.español.smokefree.gov;
www.women.smokefree.gov; www.teen.smokefree.gov
1-877-44U-QUIT (English and Spanish)
Greeting & Overview

- Introduce yourself and get acquainted with the participant(s).
- Explain that you are going to focus on how to prevent or reduce asthma symptoms and attacks by avoiding triggers.

HO #1: Pre-Test

- Distribute pre-test and allow 5 minutes for completion. Collect when finished.

Preventing Symptoms

- Explain that managing or controlling asthma is possible and is our goal.

*If asthma is well-controlled, your child should not have asthma symptoms or need to take Quick-Relief/Rescue medicines, like albuterol, too often.*

*The very best way to manage asthma is to try to prevent asthma symptoms before they begin.* In other words, to do things that will make symptoms less likely.

Preventing or reducing asthma symptoms can be done by:

- Avoiding or eliminating triggers, or things that might make asthma worse (acute symptoms).

  *Trigger exposure may cause a lot of squeezing, swelling, and twitching in the lungs. Even if they do not produce sudden, acute symptoms, your child could become sensitive or allergic to these substances over time.*

- Using controller medicines (e.g., Pulmicort, Advair, Singulair) daily or as told by the doctor.

- Emphasize that avoiding and eliminating a child’s triggers can help reduce the need for medicine and help the child feel better overall.

- Remind the participant(s) of the following:

  *Follow what the doctor has told you and do not stop or change the dose of a medicine without talking with the doctor.*
If your child starts having side effects from any medicine, you should stop it immediately and call the doctor.

- The exception to this rule is oral steroids; do not stop this medicine, but call the doctor right away if any side effects happen. Oral steroids are medicines like Medrol (methylprednisolone) or Deltasone (prednisone).

Controlling Asthma Triggers
HO #2: Controlling Asthma Triggers

Note: Focus on key asthma triggers in your city, state, or region. For example dust mites are not an issue in drier, less humid regions of the United States.

Home Visitors:

- Distribute a copy of the **Asthma-Friendly Home – A Checklist for Families** and use it to identify the child’s asthma triggers together.
- Select the corresponding trigger pages from **HO #2** (13 pages).
- Review the recommendations for each trigger identified.
- Leave a complete copy with the family. Keep a copy for your records.
- If the child attends a child care center or pre-school, distribute a copy of the **Asthma-Friendly Child Care – A Checklist for Providers**. Recommend they share the checklist with their center or school.

Child Care Providers:

- Distribute a copy of the **Asthma-Friendly Home – A Checklist for Families** and use it to identify the child’s asthma triggers together.
- While reading the names of each trigger page from **HO #2** (13 pages) to the participants, have them raise their hand to indicate if it is their child’s trigger.
- Review the recommendations for each trigger identified by the participants.
- Reading through the whole list of triggers helps participants understand there are many kinds of triggers.
- Distribute a copy of the **Asthma-Friendly Child Care – A Checklist for Providers** and demonstrate how your child care site uses this document to reduce or eliminate asthma triggers in your facility.
LESSON 3 Controlling Asthma Triggers

Your Role in Preventing Asthma Symptoms

- Emphasize the following:
  
  Remember, you, as a parent, have the most influence on preventing asthma symptoms before they begin in your child.
  
  - You can reduce or eliminate your child’s exposure to triggers.
  - You can make sure that your child is given his or her daily medicine the right way.
  - You can work with the doctor to identify problems.
  - You can help your child stay healthy by eating healthy foods, drinking lots of water, staying active every day, and getting plenty of sleep.

These are things you can do that no one else can do for you and your child.

- Encourage the participant(s) as they may be feeling overwhelmed. You may be feeling overwhelmed. That is normal. But, you can do it and we will develop a plan together.

HO #3: Action Plan for Environmental Control

- Help the participant(s) complete HO #3 (2 pages).

Check all of your child’s asthma triggers on this list. Underline the asthma triggers in your child’s bedroom.

Pick two of your child’s triggers on this list and create an action plan for removing those asthma triggers by completing this form.

Getting rid of a trigger in your home can be difficult. It will help you if you can think in terms of three steps you need to take:

- **First**, choose a trigger and think of how it will help your child, and maybe even the rest of the family, if you were to get rid of that trigger from your home, or even just from your child’s bedroom and play areas.

- **Second**, think of things that would make it difficult to get rid of this trigger. What would you or others have to give up? How much effort or cost would be involved? Talk with any others who are involved and explain how this trigger may produce a chronic
irritation in your child’s lungs, even without obvious symptoms, and how your child may become sensitive/allergic to this trigger if he or she is repeatedly exposed.

- Third, decide to make a change that might have a long-term benefit for your child (and perhaps, for others).

• Getting rid of your child’s triggers in your home can be difficult but it is very important to help reduce asthma symptoms and maybe reduce the need for medicine.

• Mention that a person’s response to asthma triggers can change throughout their life.

Summary & Questions
• Ask the participant(s) to summarize what you have discussed today.
  Correct any misinformation and emphasize key points.
• Answer any questions.

HO #4: Post-Test
• Distribute post-test and allow 5 minutes for completion. Collect when finished.
  Review questions and answers.
  Correct any misinformation and emphasize key points.
• Share local and national asthma resources with the participant(s).
• Confirm the next session date and time, if appropriate.
• Thank participant(s) for participating.

After the Session
Things To Do
• Grade pre- and post-tests, using Teaching Tool #1: Pre- and Post-Test Answer Key. Plan to review and emphasize key messages, as indicated, at next session.
• Schedule next session, if appropriate.
1. To help keep dust mites from triggering an asthma attack, you should:
   - A. Spread powder around so you can see the bugs crawling around.
   - B. Encase your mattress and pillow with special allergy and dust-proof covers.
   - C. Get new pillows every 10 years.

2. It’s ok to leave pizza boxes out as long as most of the pizza is gone.
   - True
   - False

3. If your child is allergic to a pet:
   - A. Always be sure the child washes his or her hands and other body parts that touched the animal.
   - B. It’s ok to sleep with a pet as long as a fan is running.
   - C. Wash and groom your pet weekly.
   - D. A and C
   - E. All of the above

4. What should be done before gym, sports, or active play?
   - A. Eat a big meal.
   - B. Warm up 10 minutes before and take medicine as told by the doctor.
   - C. Don’t do gym or sports because they can make asthma symptoms worse.

5. Only cigarette smoke is harmful – not other sources of smoke.
   - True
   - False
Handout #1
Pre-Test

1. To help keep dust mites from triggering an asthma attack, you should:
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5. Only cigarette smoke is harmful – not other sources of smoke.
   - True
   - False
Pollens
Pollen from trees and plants can be especially heavy in the spring and fall. Check pollen levels by visiting: www.pollen.com.

- Keep windows closed and use air conditioning with HEPA filters if possible.
- Keep your child inside to play on days when the pollen count is high.
- Talk with the doctor about medicine, especially for allergies.
- Be sure your child takes a shower from head to toe (with soap!) before bed. (Pollen will stick to them throughout the day, so if they don’t bathe, they will be sleeping in pollen.)
- Pollen is worse in the morning, especially between 5 and 10 am. Limit outdoor activity and outdoor play during those times.
- Avoid line-drying laundry on high pollen days as pollen will stick to clean laundry.
- Limit garden and lawn chores for children with pollen and ragweed allergies.
Handout #2
Controlling Asthma Triggers

Dust and Dust Mites
Dust mites are tiny bugs found in dust, carpets, and other fabrics. They are so small that you can’t see them with your eyes. You can’t get rid of all of them so you have to avoid contact with these bugs. Try to:

- Use special dust and allergy-proof covers that are zippered all the way around mattresses and pillows. Wash these covers following the manufacturer’s instructions.
- Replace all pillows at least every 5 years.
- Wash sheets and blankets every week in very hot water (130°F) and dry them in the dryer.
- Store items in closed containers, drawers, or behind cabinet doors.
- Use a bedspread over the entire bed and then take it off at night and move it to another room. This will help keep dust off sheets.
- Keep humidity below 50% (percent) using a dehumidifier.
- Someone without the dust or dust mite allergy should clean rooms at least weekly using a damp cloth and vacuuming with a HEPA filtered vacuum.
- Keep as many fabric things out of rooms as possible, but especially the bedroom. This means stuffed animals, toys, rugs, and window treatments too. Items in the bedroom should be washable or easy to dust clean.
- Clutter-free rooms are asthma-friendly rooms.
- Keep away from dusty areas.
- Keep away from chalkboards and chalkboard erasers.
Cockroaches and Other Pests
These pests live in all kinds of buildings and neighborhoods. It’s the droppings of cockroaches and rodents (rats and mice) that can trigger an asthma attack.

They are everywhere and can be hard to get rid of, but even so, there are things you can do to help avoid this trigger:
- Keep all food out of bedrooms.
- Keep food and garbage in closed and sealed containers. Never leave food (even crumbs) out!
- Remove clutter like piles of newspapers, paper bags, boxes, and other stuff.
- Fix areas where there are water leaks and don’t leave water sitting out in pots, pans, or the sink.
- Don’t leave dirty dishes out or in the sink.
- Use caulk to plug up small spaces around the house like cracks in the wall or floor.
- Don’t leave out pet food, except when the pet is eating.
- Use poison baits and traps, they are better and healthier than sprays and bombs.

Spraying poison in the house actually can be more harmful than helpful. If you need the services of a professional, be sure that they are an “Integrated Pest Management” or IPM certified exterminator.
Birds and Animals

Furry or feathered animals (birds, cats, dogs, rabbits, and others) can trigger asthma symptoms. The trigger from these animals is the protein in their skin flakes (dander), urine, and saliva. Pets can be a wonderful addition to the family. But if they are a trigger, take these steps for better control:

- Keep all furry and feathered animals out of the child’s bedroom.
- Encourage everyone to wash their hands after touching any furry and feathered animal.
- Groom the furry or feathered pet outside and have the pet bathed weekly, this may cut down on the dander. Someone without asthma should do this.
- Vacuum carpets and furniture weekly, using a vacuum with a HEPA filter, if possible.
- Use a HEPA air filter in rooms where pets spend the most time.
- Replace heating and air conditioning filters with HEPA or other allergy or asthma-friendly filters and change regularly.
- Replace carpets and fabric furniture with washable rugs and slipcovers. Wash the rugs and slip-covers in very hot (130°F) water.
- If your child’s asthma is still out of control after taking these steps, consider finding another home for the pet. It will take up to 6 months for the allergen (protein) to be cleared from your home.
- Talk to the doctor about taking medicine before going to a place where there are birds or furry animals, like a zoo or animal farm.
- Do not use pillows or comforters that are stuffed with down or other feather stuffing.
**Mold**

Mold and mildew live everywhere: on logs, fallen leaves, and in wet places like bathrooms and kitchens.

Here are some ways to help:

- Use a fan or open a window after a bath or shower to remove moisture from the air so it doesn’t cause mold.
- Fix leaks as soon as possible to stop mold from growing.
- Use soap and water to get rid of mold. If soap and water doesn’t get rid of mold, try using a mixture of 1 part detergent and 9 parts water. Spray it on the mold and leave it 10 minutes, then rinse. This will get rid of most of the mold. Remember, someone without asthma should do this.
- Use a dehumidifier which keeps your house dry, between 30 and 50% (percent) humidity.
- Help your child understand that playing in the leaves and grass can trigger asthma symptoms.
- Outside, stay away from piles of leaves, grass clippings, and compost piles.
- Stay away from moldy places like basements or places with water leaks or with water damage.
- Don’t have houseplants in pots. Mold grows in the soil of the pot.
Food
Some people’s asthma is triggered by a food allergy. These are some common foods like:

- Eggs
- Soy
- Peanuts
- Fish
- Milk
- Wheat
- Tree nuts (walnuts, pecans, cashews)
- Shellfish (crab, shrimp, lobster)

A person can be allergic to any food. If a doctor has said that your child has a food allergy, then staying away from the food is the only way to prevent problems! Visit www.kidswithfoodallergies.org for more information.

In addition:
- Get a Food Allergy Action Plan from the doctor and be sure to give the child care center or school a copy.
- Be sure that your child always has his or her doctor-prescribed epinephrine auto-injector (brand names: EpiPen®, Auvi-Q™, Twinject®, or Adrenaclick®) with them or with a trusted adult, if they are too young.

State laws allow children (of appropriate age) to carry their asthma and allergy medicine while at school. Everybody should be trained on how to use an epinephrine auto-injector in an emergency and practice regularly.
Air Pollution and Extreme Weather

Air pollution can make it harder to breathe and trigger asthma symptoms. Knowing if it’s going to be an unhealthy air day will help reduce your child’s exposure to this trigger. Check out www.AirNow.gov to get a daily forecast of air pollution.

You can also:

- Watch a local TV station or listen to a local radio station to keep track of unhealthy air days like Code Orange and Code Red days.
- Use air conditioning to help filter the air coming into your home. Units with HEPA filters are best.
- Keep your child inside when air pollution is a Code Orange or Code Red day.
- Plan outdoor activities at times when the air pollution levels are better.
- Be aware of weather changes, especially at times when it’s really hot or cold. Stay cool and indoors when it’s really hot. Remember to drink lots of water. If it’s cold, stay warm and teach your child to cover his or her mouth and nose when outside.

How weather triggers asthma symptoms is not fully understood, but research shows a link. Watch for these weather changes that can trigger asthma symptoms:

- When it is hot, stay cool and indoors. Remember to drink lots of water.
- When it is cold, stay warm and indoors. Teach your child to cover his or her mouth and nose with a scarf when outside.

Extreme weather can also worsen the impact of other asthma triggers:

- On hot, humid days, mold spore counts can be higher.
- During extremely hot, windy days, pollen counts can be higher.
- High winds with thunderstorms can stir up and carry higher levels of mold spores.
- Hot weather tends to result in poor air quality or increased air pollution.
Colds, Viruses and Other Illnesses
Both colds and flu are caused by viruses. They are spread by contact with another person who has the virus, most often by hand-to-hand contact or by contact with objects both people touch.

Try the following to prevent the spread of colds, viruses, and other illnesses:
- Teach your child to wash his or her hands often.
  (They should sing the “Happy Birthday” song two times while washing. This means they have washed long enough to get rid of germs and bacteria.)
- Use “hand sanitizers” when soap and water are not available.
- Ask everyone in the house to use paper tissue, rather than cloth handkerchiefs, to blow their nose and then throw it away.
- Teach children to:
  - Wash their hands when they are dirty and before eating.
  - Cough into their elbow. Do not cough into hands.
  - Sneeze into their elbow. Do not sneeze into hands.
  - Never put their fingers into their eyes, nose, or mouth.
- Do not share food or drinks with anyone who has a cold, virus, flu, or other illness.

Heartburn and GERD (gastroesophageal reflux disease) are two illnesses that can trigger asthma symptoms. Try the following to reduce heartburn and GERD symptoms:
- Eat smaller meals.
- Do not lay down for 2 to 3 hours after eating.
- Avoid foods that can cause heartburn or GERD symptoms.
Smoke

Smoke is a trigger for most children. Smoke from cigarettes has also been shown to cause asthma. You should not allow people to smoke in your house or in your car. Smoke also makes it hard to breathe and may cause permanent damage to airways.

- Teach your child to avoid smoke from **any source**. Stay away from:
  - Smoky rooms, cars, buses, or trains
  - People smoking (cigarettes, cigars, or pipes)
  - Wood-burning fireplaces, firepits, or stoves
  - Barbeques or grills
  - Candles or incense
  - Outdoor trash burning
  - Wildfires or controlled burning of fields

- Smokers should visit [www.SmokeFree.gov](http://www.SmokeFree.gov) or call **1-877-44U-QUIT** for free help and quitting tips.

- Family members and visitors should **never** smoke inside your home or car, even if the windows are open.

- If you smoke, smoke only outside, not in the home or car.

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**Important!**

Keep in mind, the dirty and toxic chemicals from smoking stay behind on all surfaces like furniture, clothes, and car seats. So smoking when children aren’t present is not helpful.

Remind friends and family of this fact and do not allow anyone to smoke anywhere your child lives, travels, or plays.
Exercise, Hard Playing, and Sports

Exercise, playing hard, and sports can be a trigger for some children. But, being healthy and fit makes it easier to breathe.

Asthma does not make anyone weak or sickly; they just need to take a little extra care. There are many people with asthma who shine at life and sports; like tennis player Serena Williams; soccer player David Beckham; and many others.

If exercise is a trigger, take these steps:

- Teach your child to stop for a few minutes when they start to have trouble breathing.
- Talk with the doctor about Quick-Relief or Rescue medicine that can be used before activity.
- Encourage your child to take this medicine when they start to have trouble breathing.
- Teach your child to do some warm-ups before playing hard, like jumping jacks, walking, stretching, or other light activity for 5 to 10 minutes.
- Encourage your child to cool down after activity for 10 minutes.
- Teach your child to cover his or her mouth and nose with a scarf or face mask when it’s cold outside. This will prevent the cold air from irritating lungs.
- Show your child how to breathe through his or her nose and encourage him or her to do this during the activity. This helps warm the air that goes into their lungs.
- Do not allow your child to exercise or play hard outside when the air pollution (www.AirNow.gov) or pollen (www.pollen.com) levels are high.
- Encourage your child to drink plenty of fluids (water and/or sports drinks).
- Encourage activity, no matter what sport, activity, or exercise your child chooses. Have fun!

A child can do any sport he or she truly enjoys. In fact, many athletes with asthma have found that with proper training and medicine, they can play any sport they choose.
Handout #2
Controlling Asthma Triggers

Medicines
Sometimes a medicine can trigger asthma symptoms.

- Be sure to tell the doctor about all medicines, herbs, supplements, and vitamins that your child takes.
- Talk with your child’s doctor before he or she takes any of the following:
  - Aspirin
  - Non-steroidal anti-inflammatory drugs, like ibuprophen (Motrin or Advil) and naproxen (Aleve or Naprosyn)
  - Beta-blockers, which are usually used for heart conditions, high blood pressure, and migraines
    For example: (brand name, generic name)
    Corgard, nadolol
    Inderal, propanolol hydrochloride
    Normodyne, labetalol
    Visken, pindolol
    Trandate, labetalol hydrochloride
  - ACE inhibitors, which are used for heart disease and high blood pressure can cause a cough which could be mistaken for an asthma symptom.
    For example: (brand name, generic name)
    Accupril, quinapril
    Aceon, perindopril
    Altace, ramipril
    Capoten, captorplril
    Lotensin, benazepril
    Mavik, trandolapril
    Monopril, fosinapril
    Prinivil, lisinopril
    Univasc, moexipril
    Vasotec, enalapril
    Zestril, lisinopril
Handout #2
Controlling Asthma Triggers

**Strong Smells**

Strong smells from chemicals and sprays can cause your child’s asthma to be worse.

- Instruct your child to stay away from odors and sprays such as perfume, air fresheners, powder, and hair sprays. Family members should refrain from using these things in the home. If it’s something used at school, talk with the principal about making changes that will reduce or eliminate being around the chemical or smell.

- Switch from strong-smelling cleaning products to the less toxic “free and clear” or “green” products. You can also make your own safe and “green” cleaners. Do an internet search or check out your local library for recipes.

- Open windows and use fans when painting or using other chemicals at home or school. Instruct your child to avoid these rooms until fumes are gone.

- Turn on the exhaust fan or open a window when cooking on a gas stove or using an unvented kerosene or gas space heater.
Handout #2
Controlling Asthma Triggers

Strong Emotions
Laughing or crying can also trigger asthma symptoms in children. It is not the emotion itself that causes the asthma symptoms. Instead, strong emotions cause muscles to tighten up or increases the breathing rate.

- Laughing is part of the joy of childhood, and should not be discouraged. Kids should be encouraged to relax if a laughing outburst causes asthma symptoms.
- Coach your child on ways to stay calm, express themselves without yelling, and to remember to breathe deeply and slowly when feeling stressed-out, upset, or angry.
- Handle crying or tantrums in a calm way so that you do not increase the child’s anxiety and insecurity.
- Calm your child down when a tantrum starts, and use discipline in a calm and rational way.
- Be sure to treat the child with asthma fairly in terms of punishment, as well as praise. This will reduce any resentment from her or his brother(s) and/or sister(s) who do not have asthma.
**Handout #3**

**Action Plan for Environmental Control**

**Practice at Home**

**Action Plan for Environmental Control**

Check things that exist in your child's home environment and may make your child's asthma worse.

Underline those that are found in the child's bedroom.

<table>
<thead>
<tr>
<th>Plants or trees</th>
<th>Grass pollens</th>
<th>Weed pollens</th>
<th>Tree pollens</th>
<th>Other ____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Weather</td>
<td>Hot, cold, or damp weather</td>
<td>Change in weather</td>
<td>Wind</td>
<td>Thunderstorm</td>
</tr>
<tr>
<td>Animals</td>
<td>Birds, feathers, and down</td>
<td>Cats</td>
<td>Dogs</td>
<td>Horses</td>
</tr>
<tr>
<td>Things Inside</td>
<td>Cigarette, cigar, or pipe smoke</td>
<td>House dust and dust mites</td>
<td>Molds</td>
<td>Cockroaches</td>
</tr>
</tbody>
</table>

List 2 triggers that you might be able to reduce in your child's environment.

Trigger 1: ____________________________________________

Trigger 2: ____________________________________________

Adapted from Wee Wheezers at Home – A Home Visiting Program for Families of Young Children with Asthma. 2003 Josephine V. Brown, Alice S. Dem, and Sandra R. Wilson – Palo Alto Medical Research Foundation Institute.
Handout #3
Action Plan for Environmental Control

Trigger 1: ____________________________
How I would get rid of the trigger: ______________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Good things about getting rid of the trigger: ________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Things that would make it difficult to get rid of the trigger: _________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Trigger 2: ____________________________
How I would get rid of the trigger: ______________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Good things about getting rid of the trigger: ________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Things that would make it difficult to get rid of the trigger: _________________________________
____________________________________________________________________________________
____________________________________________________________________________________
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   - A. Spread powder around so you can see the bugs crawling around.
   - B. Encase your mattress and pillow with special allergy and dust-proof covers.
   - C. Get new pillows every 10 years.

2. **It’s ok to leave pizza boxes out as long as most of the pizza is gone.**
   - True
   - False

3. **If your child is allergic to a pet:**
   - A. Always be sure the child washes his or her hands and other body parts that touched the animal.
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4. **What should be done before gym, sports, or active play?**
   - A. Eat a big meal.
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   - C. Don’t do gym or sports because they can make asthma symptoms worse.

5. **Only cigarette smoke is harmful – not other sources of smoke.**
   - True
   - False