

# Avoiding and Controlling Your Asthma Triggers

Using the tool on the following pages, find the triggers that cause your symptoms. Then, decide which of the tips provided might work best for you. Some can be done right away, and others take planning. Use the “My Solutions” area to write down your own ideas and your personal plan for taking action.

<i>Asthma Trigger and Control Tips</i>	<i>My Solutions</i> 
<input type="checkbox"/> <b>Smoking and Secondhand Smoke</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Make a plan to quit smoking! Get help by calling <b>1-800-LUNGUSA</b> or visiting <b>www.ffsonline.org</b>.</li> <li><input type="checkbox"/> Ask others not to smoke near me.</li> <li><input type="checkbox"/> Do not allow anyone to smoke in my home, car or work area.</li> <li><input type="checkbox"/> Avoid the homes and cars of people who do allow smoking.</li> <li><input type="checkbox"/> Patronize smokefree businesses; or if smoking is allowed, eat or sit in nonsmoking areas.</li> <li><input type="checkbox"/> Avoid the designated smoking area at work.</li> <li><input type="checkbox"/> Support local efforts for making all public places smokefree. (Learn more at <b>www.Lung.org</b>. Search for Lung Action Network.)</li> </ul>	
<input type="checkbox"/> <b>Wood Smoke and Fires</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid burning wood indoors.</li> <li><input type="checkbox"/> Allow for airflow around fireplaces or vented appliances.</li> <li><input type="checkbox"/> Pay attention to air quality forecasts during wildfires and avoid going outside if air pollution levels are poor.</li> </ul>	
<input type="checkbox"/> <b>Outdoor Air Pollution</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Check the air quality index (AQI) forecast daily. The color-coded system will let me know when pollution levels are unhealthy.</li> <li><input type="checkbox"/> Limit time and exercise/strenuous activities outdoors when the AQI is orange (unhealthy); and avoid outdoor activities when the AQI is red, purple or maroon.</li> <li><input type="checkbox"/> Always avoid exercising around high-traffic areas.</li> <li><input type="checkbox"/> Download the American Lung Association State of the Air app at <b>www.stateoftheair.org</b> to check the AQI anytime from my smartphone.</li> </ul>	

<input type="checkbox"/> <b>Dust and Dust Mites</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover my mattress, box spring and pillows in dust-proof, zippered cases.</li> <li><input type="checkbox"/> Wash all bedding (sheets, blankets, bedcovers) in hot water (130°F) weekly.</li> <li><input type="checkbox"/> Use washable area rugs in the bedroom instead of carpet.</li> <li><input type="checkbox"/> Wash curtains often.</li> <li><input type="checkbox"/> Maintain indoor humidity between 30 to 50 percent.</li> <li><input type="checkbox"/> Use air conditioner or dehumidifier to lower humidity in my bedroom and home (and clean humidifiers regularly).</li> <li><input type="checkbox"/> Dust (damp cloth) and vacuum twice a week. Use a vacuum with a HEPA filter or a central vacuum that vents outside. <b>NOTE: If you have a dust mite allergy, you should not vacuum yourself or be in a room that is being vacuumed.</b></li> <li><input type="checkbox"/> Avoid upholstered furniture, especially in the bedroom.</li> <li><input type="checkbox"/> Store out-of-season clothes in a box or garment bag.</li> <li><input type="checkbox"/> Wear a protective face mask in dusty areas at work.</li> </ul>	
<input type="checkbox"/> <b>Cockroaches</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Take out the trash every day.</li> <li><input type="checkbox"/> Keep food in sealed containers.</li> <li><input type="checkbox"/> Clean up spills and crumbs right away.</li> <li><input type="checkbox"/> Clean up standing water in dish racks, sinks, showers and plant saucers.</li> <li><input type="checkbox"/> Don't leave pet food out.</li> <li><input type="checkbox"/> Use roach baits (but not sprays or foggers!).</li> <li><input type="checkbox"/> Seal openings where bugs can get in (outside faucets, holes, around window seals).</li> </ul>	
<input type="checkbox"/> <b>Pets, Animal Dander</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid animals with fur or feathers.</li> <li><input type="checkbox"/> Do not let pets inside my home.</li> <li><input type="checkbox"/> Keep the pet I have out of my bedroom.</li> </ul>	

<input type="checkbox"/> <b>Mold and Mildew</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep my home well ventilated and free of dampness.</li> <li><input type="checkbox"/> Fix leaks right away.</li> <li><input type="checkbox"/> Clean mildew from tiles and shower curtains with detergent or soap.</li> <li><input type="checkbox"/> Use an exhaust fan or open a window to get rid of moisture in bathrooms and kitchens.</li> <li><input type="checkbox"/> Clean the water basins of air conditioners, humidifiers and refrigerators often.</li> <li><input type="checkbox"/> Limit the number of plants in my home and work area. (Mold likes soil.)</li> <li><input type="checkbox"/> Vent the clothes dryer to the outside.</li> <li><input type="checkbox"/> Alert management to mold problems at work.</li> </ul>	
<input type="checkbox"/> <b>Pollen</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Do not keep fresh flowers with a lot of pollen inside my home or near my work area.</li> <li><input type="checkbox"/> Keep doors and windows closed during pollen season, especially during the day.</li> <li><input type="checkbox"/> Run my air conditioner unit one half-hour before I plan to use a room.</li> <li><input type="checkbox"/> After being outside for a long time, take a shower and change clothes when I come inside on high pollen and mold count days.</li> <li><input type="checkbox"/> Limit outdoor activities when pollen levels are high.</li> </ul>	
<input type="checkbox"/> <b>Strong Odors (e.g., hairspray, air fresheners, cleaning products)</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Use unscented products.</li> <li><input type="checkbox"/> Ask those living or working around me not to use scented products.</li> <li><input type="checkbox"/> Avoid areas with strong smells when possible.</li> <li><input type="checkbox"/> Use a fan when I must be near a strong odor.</li> <li><input type="checkbox"/> Keeps smells from spreading by closing off areas where the odor is located.</li> </ul>	

<input type="checkbox"/> <b>Respiratory Infections</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Wash my hands frequently to prevent infections.</li> <li><input type="checkbox"/> Call my health-care provider if I think I have a respiratory infection.</li> <li><input type="checkbox"/> Get a flu shot every year, and a pneumonia vaccine if age 65 or older or my health-care provider advises it.</li> </ul>	
<input type="checkbox"/> <b>Physical Activity/Exercise</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Start slowly, do a good warm up.</li> <li><input type="checkbox"/> Ask my health-care provider about taking medicine before exercising or physical exertion at work.</li> <li><input type="checkbox"/> Take breaks as needed.</li> </ul>	
<input type="checkbox"/> <b>Strong Emotions (e.g., stress, crying and even laughing)</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice good general health habits to reduce stress.</li> <li><input type="checkbox"/> Avoid stressful situations.</li> <li><input type="checkbox"/> Use relaxation exercises and techniques.</li> <li><input type="checkbox"/> Take advantage of work breaks and lunch hour.</li> </ul>	
<input type="checkbox"/> <b>Cold Air/Extreme Heat</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover my mouth and nose with a scarf when outdoors.</li> <li><input type="checkbox"/> Avoid being outside when weather is too cold or too hot.</li> </ul>	