

ASTHMA TRIGGER

WHAT YOU CAN DO

COLD WEATHER

Cover nose & mouth with a scarf.

WOOD BURNING STOVES
& FIREPLACES

Close windows in evenings to prevent smell from entering your home.



MOLD FROM
DECAYING LEAVES

Do NOT play in leaves or stir them up.

RAGWEED POLLEN

Close windows during early morning hours.

RESPIRATORY INFECTIONS,
COLDS, FLU

Eat right—proper nutrition is vital for a healthy immune system to fight infections. Stay away from people with colds.

DUST & DUST MITES

Damp dust – use water dampened cloth. Cover mattress, box spring and pillows with dust proof covers. Vacuum often.

PET HAIR



Do NOT allow pets in bedrooms. Keep pet hair well groomed and low cut.

COCKROACHES

Get them exterminated.

CIGARETTE SMOKE

Maintain a smoke-free home. Stay away from second hand smoke.

CAR EXHAUST

Open garage door when car engine is on.



PERFUME, COLOGNE,
AEROSOL SPRAYS

Don't use them, and don't be around when they are being sprayed.