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

DO YOU KNOW YOUR ASTHMA TRIGGERS?

☐ Dust Mites  ☐ Pollen
☐ Mold  ☐ Cold Air
☐ Secondhand Smoke  ☐ Respiratory Infections
☐ Pet Dander  ☐ Exercise
☐ Cockroaches  ☐ Others

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

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.

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.

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.

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.