
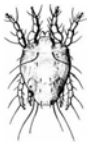



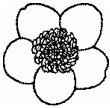

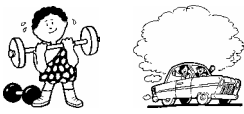



Asthma Trigger Control Plan

You can help prevent asthma flare-ups by keeping your child away from the things (asthma triggers) that make their asthma worse. Everyone's triggers are different. Work with your child's doctor to identify your child's asthma triggers and ways to control them. By controlling the triggers, you can reduce the chance of an asthma flare-up and may decrease the need for more medicines.

Asthma Trigger	How to Control
<p>Tobacco Smoke</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> If you smoke, ask your doctor for ways to help you quit. Ask family members to quit smoking too <input type="checkbox"/> Do not allow smoking in your house, car, or around your child <input type="checkbox"/> Keep your child away from smoke-filled areas <input type="checkbox"/> Be sure no one smokes at your child's day care center
<p>House-dust Mites – tiny bugs you cannot see that live in cloth and carpet</p> 	<p>Things that will help the most:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Encase mattress & pillow in a special dust-proof cover <input type="checkbox"/> Wash sheets, blankets, & dust-proof covers each week in hot water (130°F) <p>Other things that can help:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reduce indoor humidity to less than 50% <input type="checkbox"/> Try not to sleep or lie on cloth-covered cushions or furniture <input type="checkbox"/> Remove carpets from bedroom and those laid on concrete <input type="checkbox"/> Keep stuffed toys out of the bed or wash them in hot water weekly (130°F)
<p>Animal Dander - the flakes of skin or dried saliva that comes from animals with fur or feathers</p> 	<p>The best thing to do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep furred or feathered pets out of your home <p>If you can't keep pet outdoors, then;</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep the pet out of your child's bedroom and keep the door closed <input type="checkbox"/> Cover the air vents in child's bedroom with a filter to filter the air <input type="checkbox"/> Remove the carpets and furniture covered with cloth from the home. If that is not possible, keep the pet out of the room's where these are
<p>Cockroach – dried droppings and remains of the cockroach</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Keep all food out of bedrooms <input type="checkbox"/> Keep food and garbage in closed containers (never leave food out) <input type="checkbox"/> Use poison baits, powders, gels, or paste (for example, boric acid). You can also use traps <input type="checkbox"/> If a spray is used to kill roaches, keep child out of the room until the odor goes away

Asthma Trigger Control Plan Continued

Asthma Trigger	How to Control
<p>Indoor Mold</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Fix leaky faucets, pipes, or other sources of water <input type="checkbox"/> Clean moldy surfaces with a cleaner that has bleach in it
<p>Pollen and Outdoor Mold – trees, grass, weeds or mold</p> 	<p>What to do during your allergy season (when pollen or mold spore counts are high):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try to keep windows closed <input type="checkbox"/> Keep child indoors with windows closed during the midday and afternoon, if you can. Pollen and some mold spore counts are highest at that time <input type="checkbox"/> Ask your child's doctor whether you need to give or increase your child's anti-inflammatory medicine before their allergy season starts.
<p>Smoke, Strong Odors, and Sprays</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> If possible, do not use a wood-burning stove, kerosene heater, or fireplace <input type="checkbox"/> Try to keep child away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints
<p>Exercise, Sports, Work, or Play</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Your child should be able to be active without symptoms. See your child's doctor if they have asthma symptoms when they are active – like when they exercise, do sports, play, or work hard <input type="checkbox"/> Ask your child's doctor about taking medicine before they exercise to prevent symptoms <input type="checkbox"/> Encourage child to warm up for about 6 to 10 minutes before they exercise <input type="checkbox"/> Try not to have child work or play hard outside when the air pollution or pollen levels (if your child is allergic to pollen) are high
<p>Other Things That Can Make Asthma Worse</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Flu: Get your child a flu shot <input type="checkbox"/> Sulfites in foods: Do not let your child drink beer or wine or eat shrimp, dried fruit, or processed potatoes if they cause asthma symptoms <input type="checkbox"/> Cold air: Have child cover nose and mouth with a scarf on cold or windy days <input type="checkbox"/> Other medicines: Tell your child's doctor about all the medicines your child is taking. Include cold medicines, aspirin, and even eye drops

FAM Allies works together with families and children connecting them to caring people, reducing hospital stays, and supporting healthy lives. Questions? Call (414) 390-2179.