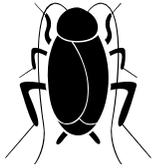
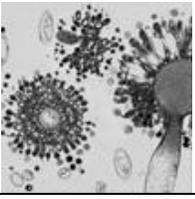


## **ASTHMA TRIGGERS CHECKLIST**

<b>MEDICATIONS</b> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Keep action plan and medications in an easy to find and safe place. Wash spacer and mask weekly. Make sure nebulizer is working properly. Refill medications before you run out.
<b>SMOKE</b> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Do not smoke. Attend classes to help you stop smoking. Do not allow smoking in the home or car. If you smoke, smoke outside and change clothes before returning.
<b>DUST &amp; DUST MITES</b> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vacuum weekly with HEPA-filter vacuum. Make sure your child is not home when vacuuming. Remove carpet if possible. Wet before removing. Wet mop floors at least weekly. Wash bedding and stuffed toys in hot water (120°) every 1-2 weeks. Cover mattresses and pillows with dust-proof zippered covers. Reduce clutter and remove stuffed toys. Replace heating system filters monthly during winter.
<b>PESTS</b> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Do not leave food or garbage out. Store food in airtight containers. Try using poison baits, such as boric acid for cockroaches. Place baits away from children, such as behind refrigerator. Vacuum up cockroach bodies and fill any holes in with copper wool. Fix leaky plumbing/roof or other sources of water.
<b>MOLD</b> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Use an exhaust fan or open a window when showering or cooking. Clean mold off hard surfaces with water and detergent and dry completely. Absorbent materials with mold may need to be replaced. Fix leaky plumbing/roof or other sources of water.
<b>ANIMALS</b> 	<input type="checkbox"/> <input type="checkbox"/>	Consider not having pets. Keep pets out of your child's bedroom. Wash your and your child's hands after petting animals.
<b>ODORS/SPRAYS</b> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Don't use perfume, talcum powder, incense or other strong scents. Do not use stove/oven for heating house. When cleaning, keep child away and don't use strong smelling cleansers, including bleach.