



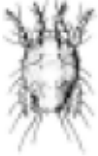




Caring for Kids






Patient/Family Education

Asthma Trigger Control Plan

What are asthma triggers?

Asthma triggers are things that can cause an asthma episode to start or make symptoms worse. Everyone's triggers are different. Work with your child's doctor to identify your child's triggers. By avoiding your child's asthma triggers, you can reduce the chance of an asthma episode and may decrease the need for more medicines.

| Trigger | How to control |
|---|--|
| <p>Dust mites – tiny bugs you cannot see that live in cloth and carpet</p>  | <p>Essential:</p> <ul style="list-style-type: none"> • Put mattress and pillow in an allergen-proof cover. • Wash bedding in hot water weekly. • Control dust in places where your child sleeps, plays and watches TV (remove stuffed animals or wash them weekly in hot water). <p>Desirable:</p> <ul style="list-style-type: none"> • Use a dehumidifier to reduce humidity level <50%. • Use an air conditioner during warm weather. • Remove carpets from bedroom. • Do not allow your child to sleep or lie on upholstered furniture. • Remove carpets that are laid on concrete. • Avoid heavy curtains; use blinds or shades instead. |
| <p>Tobacco smoke</p>  | <ul style="list-style-type: none"> • Do not allow smoking in your house, car or around your child. • Encourage your child not to smoke. • If you need to smoke, smoke outside. • Keep your child away from smoke-filled areas. |
| <p>Cockroach – dried droppings and remains of the cockroach</p>  | <ul style="list-style-type: none"> • Keep food and garbage in closed containers (never leave food out). • Fix leaky faucets and pipes • Use baits or traps to get rid of cockroaches. If a spray is used to kill roaches, keep your child out of the room until the odor goes away. |
| <p>Pets – the flakes of skin (dander) or dried saliva that comes from animals with fur or feathers</p>  | <ul style="list-style-type: none"> • Remove animal from house. • If not able to remove animal from house, keep the animal out of your child's bedroom and keep the door shut. • Consider placing filters on the air vents in your child's room or buy HEPA filters for the room. • Remove carpets and furniture covered with cloth from your home. If this is not possible, keep the animal off these things. |
| <p>Indoor mold</p>  | <ul style="list-style-type: none"> • Fix leaky faucets, pipes, or other sources of water. • Clean mold from surfaces with bleach. • Replace or wash moldy shower curtains. • Reduce dampness in the home with a dehumidifier. • Do not use humidifiers or vaporizers. • Limit the number of household plants. • Avoid live evergreens used in decorating. |

| Activator/trigger | How to control |
|--|---|
| Smoke, strong odors and sprays  | <ul style="list-style-type: none"> • Use air conditioner in times of high humidity. • If possible, keep child away from wood-burning stoves, kerosene heaters and fireplaces. • Keep child away from strong odors and sprays such as perfume, powder, hair spray, paints, cleaning solutions (Pine-Sol®, bleach) and air fresheners. |
| Outdoor pollens – trees, grass, weeds or mold  | <ul style="list-style-type: none"> • Close windows and doors and keep your child indoors when pollen and mold counts are high. • Use air conditioners and clean filters regularly. • Dry your child's clothes and bedding inside. • Ask your child's doctor whether you need to adjust your child's current asthma treatment before the allergy season starts. |
| Exercise – Your child with asthma can still be active!  | <ul style="list-style-type: none"> • Regular exercise is very important. • Taking medicine before exercise can prevent symptoms. • Have your child warm-up before doing strenuous activities and cool down afterwards. • If your child is having symptoms with activity – contact your child's doctor. This is a sign your child's asthma is not in control. |
| Weather and air pollution  | <ul style="list-style-type: none"> • Cover nose and mouth with a scarf on cold, windy days. • Keep your child inside in air conditioning during high ozone action days. • Keep your child indoors on days when pollen or mold counts are high if they are allergic to pollens and molds (check weather reports or the newspaper). |
| Colds and other infections  | <ul style="list-style-type: none"> • Have your child get a flu shot every year. • Have your child wash their hands often with soap and water. • Keep your child away from people with colds or the flu. |
| Other Triggers | <ul style="list-style-type: none"> • Sulfites in foods: for example, do not let your child have shrimp, dried fruit, or processed potatoes if they cause asthma symptoms. • Other medicines: tell your child's doctor about all medicines your child is taking. Include herbal medicines, aspirin, cold medicines, ibuprofen and even eye drops. • Allergies: any other allergies your child may have may cause asthma symptoms. |

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Has a hard time breathing or shortness of breath.
- Has asthma symptoms (i.e. cough, wheeze, and shortness of breath) that get worse or do not improve with medicine.
- Needs to use his or her- quick relief medicine (i.e. Albuterol®, Maxair®) more than 2 times per week during day or 2 times per month at night.
- Wakes up at night due to asthma symptoms.
- Is not able to do normal activities without asthma symptoms.
- Has special health care needs that were not covered by this information.

This teaching sheet is meant to provide you with additional information about your child's care. Diagnosis, treatment, and follow-up should be provided by your health care professional.