











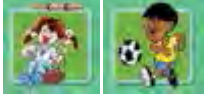


## Avoid your triggers

Asthma Triggers 		What Can You Do?
	Tobacco Smoke	Don't smoke. Never allow smoking in your home or car.
	Colds & Flu	Wash hands often. Follow your Asthma Action Plan at the first sign of a cold or flu.
	Pet Dander	Avoid pets with fur, hair or feathers. Wash pets regularly.
	Pollen	Close windows during pollen season (Spring and Fall). Use air conditioning in your car or home. Avoid freshly cut grass.
	Mould	Avoid rotting leaves, garden waste and brown grass in the Spring and Fall. Keep humidity below 50% in your home. Keep bathrooms and basements dry.
	Dust Mites	Wash bedding in hot water. Vacuum and dust often. Use mite-proof covers for pillows and mattresses.
	Strong Smells	Avoid fumes and chemicals when you can.
	Weather	Changes in the weather can trigger asthma. Stay inside when outside weather may trigger your asthma.
	Air Pollution	Stay indoors when air quality may trigger your asthma. Avoid campfire smoke.
	Emotions	Try to avoid stressful situations. Learn to manage stress.
<b>Activity</b> 		
		Exercise regularly for good health. Use your reliever medicine 10-15 minutes before exercise, if you need it.