



Mr. Trigger

A trigger is anything that may irritate your sensitive airways. It is impossible to avoid all your triggers, but you can control and avoid some of them.

Common triggers:

- Dust-mites.
- Stuffed toys.
- Pollen & grass.
- Mold.
- Pets.
- Sprays & Perfumes.
- Air pollution.
- Colds.



DO NOT:

- have too many stuffed toys.
- have carpet in your bedroom.
- sleep on old pillows or mattresses.
- use sprays or aerosols to clean.
- use air-fresheners.
- bring Easter lillies into your home.
- stay around smoke.
- walk along busy roads.

DO:

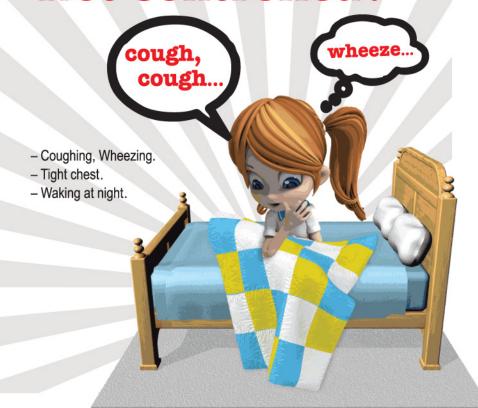
- put stuffed toys in the freezer every week.
- have wood/tile floor in bedroom.
- have a new pillow every year.
- use microfiber cloths & water to clean your home.
- open windows every day.
- have green houseplants.
- cover your cough & wash hands.
- ask your doctor about a flu shot.







Not Controlled?







I am not getting better!

- Coughing.
- Wheezing.
- Tight chest.
- I can't run & play.
- I can't sleep.
- Reliever is not working.
- Lips turning blue.
- Can't speak in sentences...

GO TO EMERGENCY NOW!





Credits!



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