

## ASTHMA TRIGGERS

Asthma attacks can be caused by something that bothers the lungs. This is called an asthma trigger. There are many kinds of asthma triggers.

It is important to learn which triggers are a problem for you or your child. Once asthma triggers are known, you can take action to prevent asthma attacks.

You can help avoid asthma attacks by cutting down exposure to your triggers. When attacks occur, they will probably be less severe.

Americans spend up to 90% of their time indoors. Contact with indoor allergens and irritants may play an important role in triggering asthma episodes.

The most common indoor environmental asthma triggers are:

- ◆ Secondhand (cigarette) smoke
- ◆ Cockroaches
- ◆ Dust mites
- ◆ Molds
- ◆ Pets and other animals with fur or feathers

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## Putting On AIRS

### Contact Numbers

**Avon:** 860-676-1953

**Berlin:** 860-665-8571

**Canton:** 860-676-1953

**Colebrook:** 860-676-1953

**East Granby:** 860-676-1953

**East Windsor:** 860-745-0383

**Enfield:** 860-745-0383

**Farmington:** 860-676-1953

**Granby:** 860-676-1953

**Hartford:** 860-547-1426 ext 7188

**New Britain:** 860-224-5900 ext 4229

**Newington:** 860-665-8571

**Plainville:** 860-793-0221 ext 219

**Rocky Hill:** 860-665-8571

**Simsbury:** 860-676-1953

**Suffield:** 860-745-0383

**Wethersfield:** 860-665-8571

**Windsor Locks:** 860-745-0383

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*Funded by the CT Dept. of Public Health*

# PUTTING ON AIRS

*ASTHMA INDOOR RISK STRATEGIES*



*SMALL CHANGES MAKE A  
BIG DIFFERENCE*

# What is *PUTTING ON AIRS*?

**P**utting on *AIRS* helps you find what may be making your asthma worse. With your permission, trained staff check your home for things that start asthma attacks.

## WHO WILL CHECK MY HOME FOR ASTHMA TRIGGERS?

A nurse and an environmental health specialist visit your home. They go over their findings with you. They make suggestions to help you control your child's (or your) asthma.

## I CAN'T AFFORD COSTLY REPAIRS!

Who can! Most of the suggestions are simple and practical.

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## HOW MUCH DOES THIS COST?

**NOTHING**

*Putting on AIRS* is **FREE**

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You can take part in *Putting on AIRS* if a doctor has said that your child or you have asthma. You must live in one of the following towns:

Avon	Farmington	Simsbury
Berlin	Granby	Suffield
Canton	Hartford	Wethersfield
Colebrook	New Britain	Windsor Locks
East Granby	Newington	
East Windsor	Plainville	
Enfield	Rocky Hill	

*Communities Working Together  
for Life and Breath*

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## WILL THE NURSE ANSWER QUESTIONS ABOUT ASTHMA?

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The nurse will review the asthma plan and medicines with you. She will help you understand how to manage asthma.

You should speak with your doctor or nurse when you have questions or when you have problems with your asthma.

*Putting on AIRS* staff will share the findings and suggestions from their visit to your house with your doctor or nurse.

- ✓ Wash sheets and blankets once a week in hot water
- ✓ Do not let anyone smoke in the house
- ✓ Keep pets out of the bedroom

