

ASTHMA TRIGGERS

Asthma attacks can be caused by triggers that bothers the small air-way passages. 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.

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

Putting On AIRS

Central Connecticut Health District



PUTTING ON AIRS

ASTHMA INDOOR RISK STRATEGIES



*SMALL CHANGES MAKE A
BIG DIFFERENCE*

Funded by the CT Dept. of Public Health

What is *PUTTING ON AIRS*?

Putting on *AIRS* helps you find what may be making your asthma worse. With your permission, trained staff check your home for things that may trigger an asthma attack.

★ WHO WILL CHECK MY HOME FOR ASTHMA TRIGGERS?

An asthma educator and environmental health specialist will visit your home. Together they will review their findings and make suggestions on ways to help control your child's (or your) asthma.

★ I CAN'T AFFORD COSTLY REPAIRS!

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

HOW MUCH DOES THIS COST?

Putting on AIRS is **FREE**

You can take part in *Putting on AIRS* if a medical provider has diagnosed your child or you with asthma.

For more information or to make a referral

Contact

Betty Murphy

Region II

Putting on AIRS Coordinator

860-665-8571

Or

BMurphy@NewingtonCT.gov

*Communities Working Together
for Life and Breath*

WHAT WILL THE ASTHMA EDUCATOR ANSWER QUESTIONS ABOUT

The asthma educator will review the asthma plan, and medications. In addition to helping understand ways to manage asthma.

You should speak with your doctor or healthcare professional 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 healthcare provider.

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

