



## **ASTHMA TRIGGER CONTROL PLAN**

Because you have asthma, your airways are very sensitive. They may react to things called triggers (stimuli that can cause asthma episodes). Your airways may become swollen, tighten up, and produce excess mucus in the presence of one or more of the triggers below. These triggers may make asthma symptoms worse or keep you from getting better. It's important to find out what your asthma triggers are. Learn ways to avoid them. If you cannot avoid triggers, and your medicine plan does not work as well as you and your doctor think it should, you both should discuss allergy shots immunotherapy).

Ask your doctor to help you find out what your triggers are.

Ask your doctor for help in deciding which actions will help the most to reduce your asthma symptoms.

Number each action item in order of importance. Carry out these actions first. Once you have completed these actions, move on to actions that are of lesser importance.

Discuss the results of these efforts with your doctor.

### **Pollens and Molds (Outdoor)**

Stay indoors during the midday and afternoon when the pollen count is high.

Use air conditioning, if possible.

Keep windows closed during seasons when pollen and mold are highest.

Avoid sources of mold (wet leaves, garden debris).

### **House Dust Mites**

**These are actions you should take to gain control of dust mites:**

Encase your mattress and box spring in an airtight cover.

Either encase your pillow or wash it once a week every week.

Avoid sleeping or lying on upholstered furniture.

Remove carpets that are laid on concrete.

Wash your bed covers, clothes, and stuffed toys once a week in hot (103°F) water.

**These actions will also help you gain control of dust mites – but they are not essential:**

Reduce indoor humidity to less than 50 percent. Use a dehumidifier if needed.

Remove carpets from your bedroom.

Use chemical agents to kill mites or to change mite antigens in the house.

Avoid using a vacuum or being in a room while it is being vacuumed.

If you must vacuum, one or more of the following things can be done to reduce the amount of dust you breathe in.

Use a dust mask.

Use a central vacuum cleaner with the collecting bag outside the home.

Use a vacuum cleaner that has powerful suction.