

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

Putting On AIRS

Is a program of
**NAUGATUCK VALLEY
HEALTH DISTRICT
98 BANK STREET
SEYMOUR, CT 06483**

To arrange for a

FREE

home visit call

203-881-3255

Patricia J. Sullivan, RN

Public Health Nurse

8:30AM - 4:00PM

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 start asthma attacks.



WHO WILL CHECK MY HOME FOR ASTHMA TRIGGERS?

A Public Health Nurse will visit your home and review her findings with you. Suggestions will be made to help you control your child's (or your) asthma.



I CAN'T AFFORD COSTLY REPAIRS!

Most of the suggestions are simple and practical.

HOW MUCH DOES THIS COST?

NOTHING

Putting on AIRS is **FREE**

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:

Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, or Shelton



*Communities Working Together
for Life and Breath*

WILL THE NURSE ANSWER QUESTIONS ABOUT ASTHMA?

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

