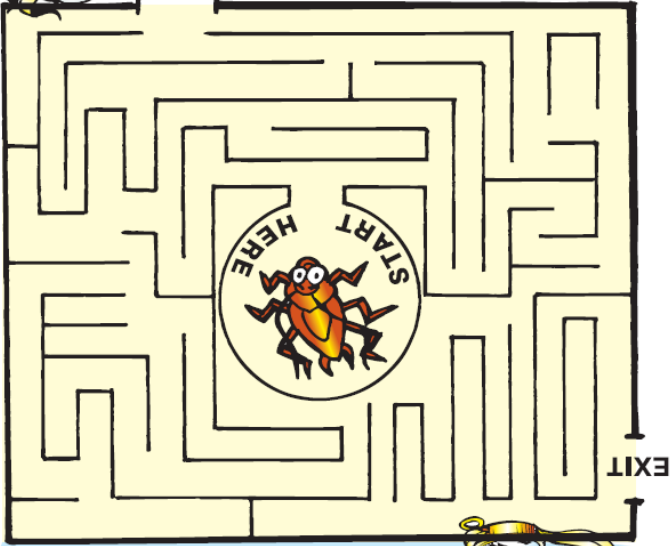




Get this cockroach out of the kitchen!



Droppings and body parts from cockroaches can trigger asthma. Clean up food and water so cockroaches have nothing to eat or drink.



Find the words: mold, water, leak, spores, humidity, moisture, allergy, damp, and mildew that relate to mold.



W I L D L E T C Y
S O P E N Q T G
E P I P A I D R
R M Z S D K L E
O A Y I T V O L
P D W M Z F U M L
S U T C J L R A
H D W A T E R E

2 Fold here ↑

Mold grows in damp areas like basements, kitchens, and bathrooms. Clean up mold and fix water leaks.



1 Cut here ↑

Things that make asthma worse are called triggers. Triggers can be inside your home and school.



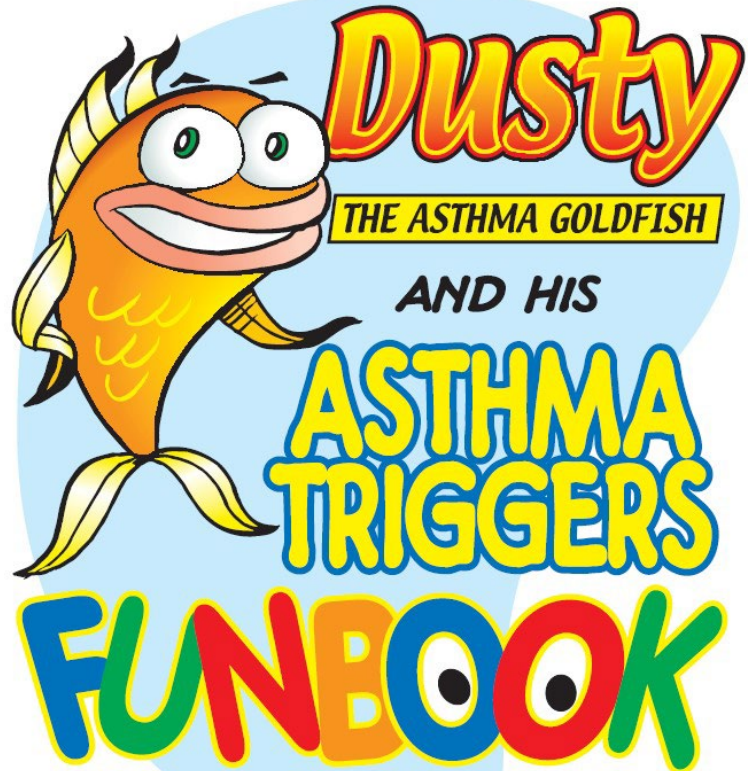
DO YOU KNOW YOUR ASTHMA TRIGGERS?

- Dust Mites
- Mold
- Secondhand Smoke
- Pet Dander
- Cockroaches
- Pollen
- Cold Air
- Respiratory Infections
- Exercise
- Others _____

3 Staple on lines on cover ↑

2 Fold here ↑

3 ↑ Staple on lines on cover



An educational tool to help parents and children learn more about asthma triggers.

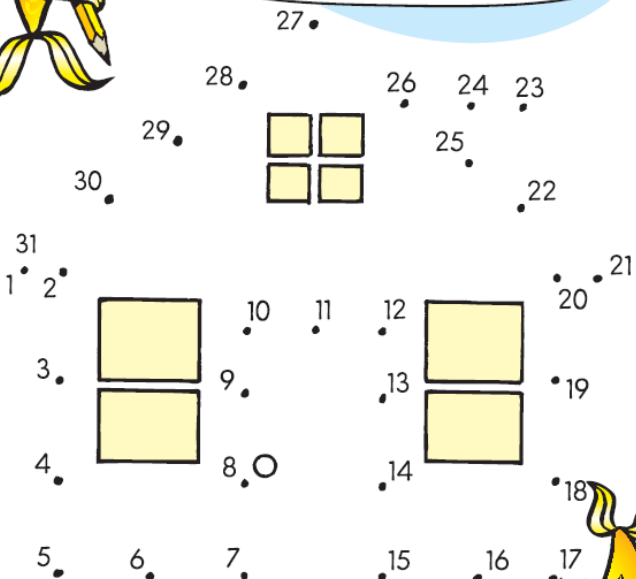


- Know and avoid triggers.
- Take medications as directed.
- Know what to do during an asthma attack.
- Keep emergency phone numbers handy.

Work with your doctor to create an **ASTHMA PLAN** that works for you!



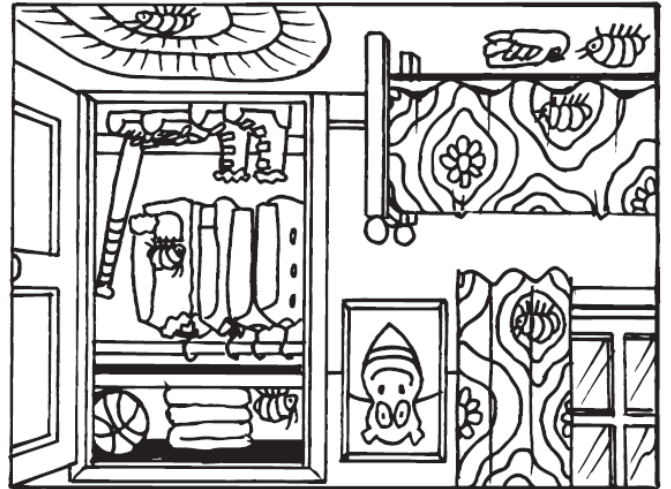
Secondhand smoke comes from other people's cigarettes, cigars, or pipes. Don't allow smoking in your home or car.



Connect the dots to make a smoke free home!



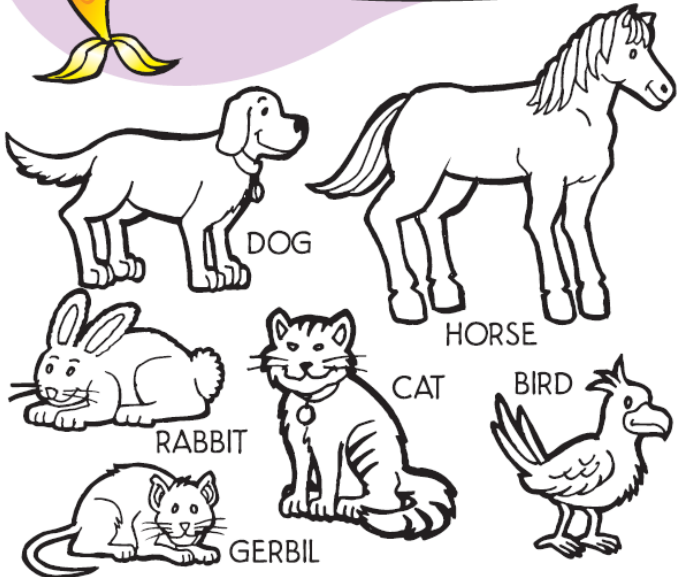
I am a dust mite. Find and circle the places where I live.



Dust mites are tiny bugs you cannot see. Dust mites live in mattresses, pillows, carpets, bed covers, clothes, and stuffed animals. Cover your mattress and pillow in dust proof covers.



Your pet's skin flakes (dander) can trigger asthma. Find a new home for your pet or keep your pet outside.



Color the pets above that have dander, which triggers asthma.