



Asthma Trigger Control Plan

People with asthma have very sensitive airways. They may react to things called triggers (stimuli that can cause asthma episodes). The airways may become swollen, tighten up and produce excess mucus in the presence of triggers. Triggers may make asthma symptoms worse or keep a person from getting better. It's important to identify them and learn ways to avoid them.

Parents and/or child should do the following:

- Find out what the triggers are for your child.
- Ask your health care provider for help in deciding which actions will best reduce asthma symptoms.
- Number each preventative action item below in order of importance.
- Share with your school your list of triggers and the trigger control plan you've developed with the health care provider.
- Work with the school to complete the highest priority actions, and then move on to actions of lesser importance.
- Discuss the results of these efforts with your health care provider.

Pollens and Molds (Outdoor)

- ___ Stay indoors during early to mid-morning hours 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 molds (wet leaves, garden debris).

Dust and Dust Mites

- ___ Avoid chalk dust, especially clapping erasers.
- ___ Remove carpeting laid on concrete.
- ___ Avoid sitting or lying on upholstered furniture.
- ___ Reduce indoor humidity to less than 50 percent. Use a dehumidifier if needed.
- ___ Avoid being in areas that are being or have recently been vacuumed.

Indoor Molds

- ___ Control humidity in bathrooms, laundry rooms or in school locker rooms by ventilating to the outside.
- ___ Clean bathrooms, laundry rooms or locker rooms in schools regularly.
- ___ Use dehumidifiers for damp basement or bathrooms, with humidity level set for 30 to 50 percent
- ___ Empty and clean the unit regularly, as suggested by the manufacturer.

Animal Dander

Dander or flakes are found in the skin, hair or feathers of **all** warm-blooded pets including dogs, cats, birds and rodents. The allergen is in the saliva of dogs and cats, which makes dander when it dries and in the urine and feces of rodents and roaches. The length of the pet's hair does not make a difference.

- ___ Remove any furred or feathered animals from the home or school.
- ___ If furred or feathered animals are in the home or school, it may help to bathe them weekly.
- ___ Avoid field trips to places where there are animals. Horse saliva is also an allergen for some.
- ___ Ask your health care provider which asthma medicine to take before visiting places where animals are present.
- ___ Choose a pet without fur or feathers, such as a fish or a snake. Make sure their cages are cleaned regularly to avoid mold build-up.
- ___ Avoid products made with feathers, such as pillows and comforters. Avoid pillows and furniture stuffed with kapok – silky fibers from the seed pods of the silk cotton tree.

Cockroach Allergen

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- Use large roach traps rather than sprays or pesticides.
- Seal access points.
- Eliminate moisture or damp areas which attract roaches – close drains when not in use.
- Keep food in tightly sealed containers.
- Disinfect all areas where roaches are found; it is their urine and feces which is the allergen.

Strong Odors and Sprays

- Do not stay in home or school while it is being painted. Allow enough time for the paint to dry before returning.
- Avoid perfume and perfumed cosmetics such as talcum powder and hair spray. Do not use room Deodorizers or scented cleaning products.
- Use pump aerosols rather than chemical propellant containers.
- Reduce strong cooking odors (especially frying) by using an exhaust fan and opening windows.
- Avoid using dry-erase markers with strong odors.
- Make sure areas where chemicals are used in science experiments and/or art projects are properly ventilated.

Colds and Infections

- Avoid people with colds or the flu.
- Wash hands frequently to avoid contamination with bacteria or viruses.
- Make sure tissues are available and dispose after use.
- Cover mouths if sneezing or coughing and wash hands after a sneeze or cough.

Weather

- Pull a scarf or turtleneck over your mouth and nose in cold weather and on windy days.
- Dress warmly in the winter or on windy days.
- Avoid air pollution by staying indoors on days when the pollution count is high.
- Try not to become over-heated in hot weather; drink lots of water.
- Changing seasons are the most vulnerable time for asthmatics and those with airborne allergies. Take care.

Exercise

- Work out a medicine plan with your doctor that allows you to exercise without symptoms.
- Take the medicine recommended by your health care provider before exercising.
- Warm up before and cool down after exercising.
- Select sports and exercises that are more asthma/allergy friendly.

Remember: Making these changes will help keep asthma episodes from starting. An asthma management plan is an important part of controlling asthma. Let the doctor know if the plan is not working.

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