ASTHMA

Triggers

Breathe Easier

Get better control of asthma. Know what triggers your asthma and can cause asthma flares:

1. Triggers are things that make asthma worse; like smoke, dust mold and furry animals.
2. Ask your doctor for help to find out what your triggers are.
3. Dust, vacuum and change your bedding weekly to decrease dust mites.
4. If you cannot avoid pets with fur or feathers, at least don't let them sleep in your bedroom.
5. In the winter wear a scarf over your nose and mouth to warm the air you breath.
6. You can control your asthma.

A Message from the Maine Asthma Prevention and Control Program.

Department of Health and Human Services
Maine People Living Safe, Healthy and Productive Lives
John E. Baldacci, Governor
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