WOODSMOKE

At ceremonies and celebrations, I limit my time around the smoke. Whenever I am wheezy or tight in my chest, I stay away from the smoke.

I ask my family to not burn garbage, to use only dry wood for fires and to use a “certified” woodstove if they can.

MOLDS

If I see or smell mold in my house (all sorts of colors but mostly black and grey), I ask my family to clean the area with a non-toxic cleaner. (Bleach will irritate my lungs so detergent is better).

I ask my family to always use a fan in the kitchen and bathroom, where molds love to grow.

POLLEN

I ask my family to have me tested for allergies, because grass & tree pollens affect a lot of people with asthma.

I take my allergy medicine regularly.

I ask my family to dust inside our house with a wet cloth, because pollens come in through windows and doors.

OUTDOORS

I ask my family to sign us up for the “Breath-Easy Network”, which alerts us by email when the air outside is bad for my lungs...

I stay away from buses and trucks that are idling, since that black and grey smoke is toxic and hard on my lungs.

I ask my teacher to tell me before someone sprays bugspray (chemicals) by our school or playground.

PETS

I keep my cat or dog off my bed and out of my bedroom so their fur doesn’t make me cough and wheeze.

I ask my family to vacuum carpets every week to keep the fur and dirt out of my air and lungs.

I AM STRONG...

I AM FAST...

... and when my air is clean, I leave my asthma in the dust!

Tobacco Smoke

I let adults know that tobacco smoke makes it hard for me to breathe, makes my asthma a lot worse and even makes me get more colds and ear infections.

I ask grown-ups to leave their “smoking clothes” outside.

CHEMICALS

I ask my family to use non-toxic cleaners.

I ask my family to check the gas stoves, fireplaces and heaters in our house, to make sure they vent to the outside—not letting toxic gases into our house.

Anything that makes me cough, makes my eyes water or my throat burn, I ask to have kept in a sealed box or in the garage.

DUST MITES

I make sure my pillow and mattress have dust-proof covers, so I don’t breathe dust-mite debris.

I ask my family to wash my sheets weekly in very hot water, and to vacuum if there is carpet in my room.

I keep stuffed animals off my bed and freeze them weekly to kill dust mites.