I AM FAST…

I AM STRONG…

I CHOOSE CLEAN AIR…

...and leave my **asthma** in the dust!

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**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.

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**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.

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**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.

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**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.

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**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.

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**POLLENS**

- I ask my family to have me tested for allergies, because grass & tree pollens affect many 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.

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**OUTDOORS**

- I ask my family to sign up for the “Breath-Easy Network”, alerting us by email when outside air is bad for my lungs... [www.alaw.org](http://www.alaw.org)
- I stay away from buses and trucks that are idling, since black and grey smoke is toxic and hard on my lungs.
- I ask my teacher to tell me before someone sprays chemicals by our school.

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**Tobacco Smoke**

- I let adults know that tobacco smoke makes it hard for me to breathe, makes my asthma a lot worse and can make me get more colds and ear infections.
- I ask adults to leave their “smoking clothes” outside.