



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



DO YOU KNOW YOUR ASTHMA TRIGGERS?

- ☐ Secondhand Smoke
- ☐ Cockroaches
- ☐ Dust Mites
- ☐ Mold
- ☐ Pets
- ☐ Outdoor Pollution



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