

## ASTHMA TRIGGERS

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Asthma attacks can be caused by something that bothers the lungs. This is called an *asthma trigger*. There are many kinds of asthma triggers.

Americans spend up to 90% of their time indoors. Contact with indoor allergens and irritants may play an important role in triggering asthma episodes.

The most common indoor environmental asthma triggers are:

**Smoking and secondhand smoke**

**Cockroaches**

**Dust mites**

**Molds and Mildew**

**Pets and other animals  
with fur or feathers**

It is important to learn which triggers are problems for you or your child. Once asthma triggers are known, you can take action to prevent asthma attacks.

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## Putting On AIRS

is a program of the following  
*Asthma Public Health Partners:*

Northeast District Dept. of Health  
(860) 774-7350

North Central District Health Dept.  
(860) 465-3033

Eastern Highlands Health District  
(860) 429-3325

Call today to arrange for a  
**FREE**  
home visit!

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partnership with the Northeast District Department of  
Health, North Central District Health Department and  
Eastern Highlands Health District*

# PUTTING ON AIRS

*ASTHMA INDOOR  
RISK STRATEGIES FOR  
RESIDENTS OF  
WINDHAM COUNTY  
& SURROUNDING AREAS*



*SMALL CHANGES MAKE A  
**BIG** DIFFERENCE*

# What is *PUTTING ON AIRS*?

*Putting on AIRS* is a *free* program that helps you find what may be making your asthma worse. With your permission, trained staff from participating health departments check your home for things that may start asthma attacks. *You'll also receive free educational materials such as mattress covers and pillowcases!*



## WHO WILL CHECK MY HOME FOR ASTHMA TRIGGERS?

A health professional and an environmental health specialist will visit your home. They'll go over their findings with you and make suggestions to help you control your asthma. Most of the suggestions are simple and practical.



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You can take part in *Putting on AIRS* if a doctor has said that you or your child has asthma.

*It's free and available to residents in the following areas:*

### Northeast District

(NDDH)

Brooklyn  
Canterbury  
Eastford  
Hampton  
Killingly  
Plainfield  
Pomfret  
Putnam  
Sterling  
Thompson  
Union  
Woodstock

### Eastern Highlands

(EHHD)

Andover  
Ashford  
Bolton  
Chaplin  
Columbia  
Coventry  
Mansfield  
Scotland  
Tolland  
Willington

### North Central District Health Department

(NCDHD)

Ellington, Stafford, Vernon,  
Windham/Willimantic

## WHAT ELSE SHOULD I KNOW?

For asthma emergencies, always dial 9-1-1 or your doctor!

During the home visit, your asthma plan and medications will be reviewed to help you understand how to better manage your asthma.

*Putting on AIRS* staff will share suggestions and findings from their visit to your house with your doctor or nurse.



Call to arrange a *Putting on AIRS* home visit today!

### Practical Tips:

- ✓ Wash sheets and blankets once a week in hot water
- ✓ Do not let anyone smoke in the house
- ✓ Keep pets out of bedrooms

