

## ASTHMA TRIGGERS

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

- ◆ Secondhand (cigarette) smoke
- ◆ Cockroaches
- ◆ Dust mites
- ◆ Molds
- ◆ Pets/other animals

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

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

You can help avoid asthma attacks by cutting down exposure to your triggers. When attacks occur, they will probably be less severe.

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## Putting On AIRS

A program of  
the Stratford Health  
Department and Regional  
Asthma Coalition

To arrange for a  
**FREE**  
home visit contact:

Stratford Health Department  
468 Birdseye Street  
Stratford, CT  
(203) 385-4090

To schedule an appointment in  
Stamford:  
Call (203) 977-4846



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Funded by the CT Dept. of Public Health  
[www.townofstratford.com/health](http://www.townofstratford.com/health)



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# PUTTING ON AIRS

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Asthma Self-Management  
Program

**ASTHMA INDOOR RISK  
STRATEGIES**



SMALL CHANGES MAKE A  
BIG DIFFERENCE

# What is *PUTTING ON AIRS*?

**P**utting on AIRS helps you find what may be making your asthma worse. With your permission, trained staff check your home for things that trigger asthma attacks.



## Who will check my home for asthma triggers?

An asthma educator and an environmental health specialist visit your home. They go over their findings with you. They make suggestions to help you control your or your child's asthma.



## I can't afford costly repairs!

Who can! Most of the suggestions we provide will be simple, practical, and low cost. or FREE!

How much does this  
**COST?**

**NOTHING!**

You can take part in *Putting on AIRS* if a doctor has said that you or your child have asthma. We serve most of Fairfield County.

### Participating towns include:

Bethel, Bridgeport, Danbury, Fairfield, Monroe, Newtown, Norwalk, Ridgefield, Stratford, Trumbull, Weston, Westport

To schedule an appointment in Stamford:

Call (203) 977-4846

***Communities Working Together for Life and Breath***

Will the staff answer questions about my asthma?

The asthma educator will review an asthma plan and medicines with you. She/he will help you understand how to manage asthma. The environmental specialist will review simple changes you can make in the home to improve asthma.

You should speak with your doctor or nurse when you have questions or concerns about your asthma.

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

**Call today to set up your FREE appointment!**