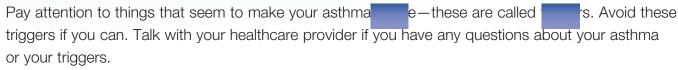
Asthma Triggers





Smoke

- If you smoke, get nelp to quit
- Don't allow smoking in the house or car
- Make sure woo and fireplaces
 or avoid use, if po



Dust Mites

- Keep mattresses and pillows in dust mite-proof
- Wash your she and blankets each week. Us
- Remove stuffed to be m the bedroom, or washin hot water
- Vacuuming may sur up dust. Stay out of rooms that are vacuumed
- Take rugs and ca out of the bedroom



Cockroaches

- Don't keep food i bedroom
- Keep food and transaled



Pollen

 Stay inside and keep windows closed when pollen levels are high



Exercise

- Ask your doctor if should take asthma medicine before you exercise
- Warm up before you exercise



Strong Odors

 Avoid perfume, powders, aerosol sprays like hair spray or insect spray, and strong-smelling cleaning produ



Weather

On cold days, queryour nose and mouth with arf to avoid breathing in cold air



Pets

- Keep pets with or feathers out of your bedroom, or home, if possible
- Give your pets
 dander



Mold

- Fix leaky faucet
 pipes
- Clean moldy article, including shower curtains
- Keep basemen s dry



Colds

- Avoid people with colds
- Get plenty of rest
- Drink plenty of fluids



Stress

- Try to stay calm and breathe slowly
- Focus on things that keep you calm or happy

If you can't stay away from your triggers, talk with your healthcare provider to find ways to manage them.



This material was developed by GlaxoSmithKline.

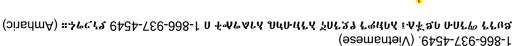
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1-866-937-4549. (Vietnamese) Mều quý vị không đọc được tài liệu này, xin vui lòng gọi Dịch Vụ Dành Cho Khách Hàng ở số 이 인쇄물을 읽을 수 없으면 1-866-937-4549 로 고객 관리 서비스에 전화하십시오. (Korean) Si vous ne pouvez lire ceci, veuillez appeler le service à la clientèle au 1-866-937-4549. (French) Si usted no puede leer esto, por favor llame al servicio al cliente al 1-866-937-4549. (Spanish) If you cannot read this, please call Customer Care Services at 1-866-937-4549. (English)





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