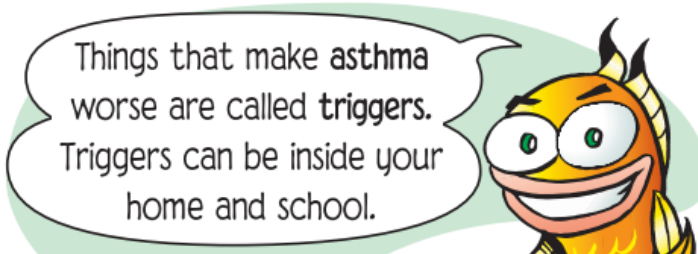


1 Cut here ↑



DO YOU KNOW YOUR ASTHMA TRIGGERS?

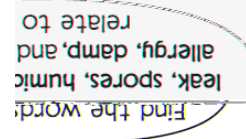
<input type="checkbox"/> Dust Mites	<input type="checkbox"/> Pollen
<input type="checkbox"/> Mold	<input type="checkbox"/> Cold Air
<input type="checkbox"/> Secondhand Smoke	<input type="checkbox"/> Respiratory Infections
<input type="checkbox"/> Pet Dander	<input type="checkbox"/> Exercise
<input type="checkbox"/> Cockroaches	<input type="checkbox"/> Others _____

2 Fold here ↑

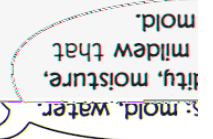
3 Staple on lines on cover ↑

2 Fold here ↑

3 ↑ Staple on lines on cover



D	E	W	C	Y	L
E	N	Q	T	G	P
P	A	I	D	R	I
S	D	K	L	E	Z
I	T	V	O	L	A
Z	F	U	M	L	D
C	J	L	R	A	S
A	T	E	R	E	H
					D
					W



Dusty
THE ASTHMA GOLDFISH
AND HIS
ASTHMA TRIGGERS
FUNBOOK

An educational tool to help parents and children learn more about asthma triggers.

Indoor Environments Division (6609J)
Office of Air and Radiation
EPA 402-F-04-008 February 2004



- Know and avoid triggers.
- Take medications as directed.
- Know what to do during an asthma attack.
- Keep emergency phone numbers handy.

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



Secondhand smoke comes from other people's cigarettes, cigars, or pipes. Don't allow smoking in your home or car.

27. _____

28. _____

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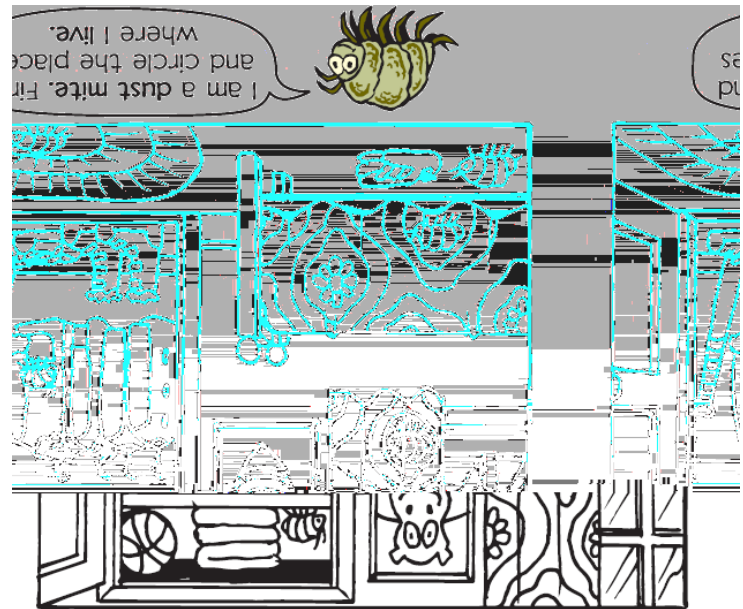
23. _____

24. _____

25. _____

26. _____

Connect the dots to make a smoke free home!



Dust mites are tiny bugs you cannot see. Dust mites live in mattresses, pillows, carpets, bed covers, clothes, and stuffed animals. Cover your mattress and pillow in dust proof covers.



Your pet's skin flakes (dander) can trigger asthma. Find a new home for your pet or keep your pet outside.



Color the pets that have dander which triggers asthma.