***TEMPLETE FOR TRIGGER SCRIPTS***

***Ensure opening statement is : This trigger house contains some examples of things a person with asthma may be exposed to that may cause, induce or trigger asthma symptoms. If some one is living with and constantly exposed to a substance that is an asthma trigger for them, it can be a cause of their asthma not being in good control, as well put them at higher risk for an exacerbation. Not all triggers are the same for all persons with asthma.***

1. Start with inhaled irritant vs allergen
2. Use low literacy wording for content (May use this tool in future w/ patients)
3. Use reference based information for content
4. Use repetitive content (Can lead to a stronger retention of information)

Bedroom content:

1. Dust particles on ceiling Light-

**House dust** is a common allergy trigger and can cause symptoms to flare for some people with asthma. House dust contains many tiny particles, some of which can be from **pollen, mold, pet dander & hair, dust mites, and pests. Vacuum cleaners** containdust particles and can be a source of home contamination with the dust.

* Avoid vacuuming when the person with asthma is home due to increased risk for airborne dust particles
* Use a vacuum with a HEPA filter on carpet and fabric-covered furniture to reduce dust build-up of dust particles and reduce airborne emissions from vacuum exhaust.
* Prefer a bag vs canister to avoid exposure to the collected dust.
* Central heating and A/C systems may help control dust, need to change filters frequently.
* Wipe away dust with a damp cloth and vacuum once a week.
* Reduce materials & items in home causing airborne dust
* Damp dust all surfaces often in all rooms to minimize airborne dust.
* Consider using a HEPA air purifier if airborne dust is a problem after vacuuming

1. Window-

**Pollens** can be sources of allergen and may trigger asthma symptoms in some people. They can be airborne, outdoor as well as indoor, They can deposit on household surfaces and car interiors and be a source of allergen exposure.

* Keep windows closed especially during high airborne pollen days & hours of the day commonly more easily spread through the air & breeze.
* Do not dry Laundry outdoors
* Limit outdoor exposure during high pollen times. Remove clothing worn outdoors before using indoor furniture & bedroom areas. Shower after outdoor activity
* Damp dust all surfaces often in all rooms to minimize airborne pollens.
* Use a vacuum with a HEPA filter to clean pollen dust
* Use window filters, and air conditioning, to filter out pollen airborne in the home.

1. Cat- **Furry pets** can trigger an asthma attack.

* Keep furry pets out of bedrooms.

**Replace with:**

**Furry pets** are a common allergy trigger and can cause symptoms to flare for some people with asthma. (**EX: Dog, Cats**)

* If allergic to pets, best to remove from home.
* Keep furry pets out of bedrooms.
* Vacuum frequently
* Wash furry pets often

1. bedding.

**Dust mites** live in items made of thick fibers, such as **bedding**.

* Cover mattress, pillows, and all bedding with allergy-proof dust mite encasements.

REPLACE WITH:

**Dust mites** are found in beds & bedding. Dust mites can be an allergy trigger for some people with asthma. Dust mites are microscopic in size (can’t be seen with the eye), they live in places and items made of thick fibers, such as **(Bedding, carpets pillow, sofa, rugs and stuffed toys.)**

**How to decrease exposure:**

* Cover mattress, pillows, and all bedding with allergy-proof dust mite zippered covers.
* Wash and dry all bedding on high heat at least every two weeks
* When possible, consider replacing furniture with a sealed material (non-fabric) such as leather, wood, plastic, vinyl etc.
* Keep humidity level in home under 50%.

1. Stuffed toys

REPLACE WITH:

**Dust mites** are found in stuffed toys. Dust mites can be an allergy trigger for some people with asthma. Dust mites are microscopic in size (can’t be seen with the eye), they live in places and items made of thick fibers, such as **(Bedding, carpets pillow, sofa, rugs and stuffed toys.)**

**How to decrease exposure:**

* Avoid use of or strictly limit (suggest less than 3) stuffed toys in home,
* Allow only 1 stuffed toy in the child’s bedroom.
* No stuffed toy can be kept on the child’s bed.
* Use only washable stuffed toys and wash and dry these weekly.
* Let child pick the 1 washable toy that can stay in the bedroom (on a shelf or chair or airtight container – not on the bed)
* Store the other washable stuffed toys in an airtight container out of the child’s bedroom
* Allow child to exchange washable stuffed toy from container to bedroom when asked
* Keep humidity level in home under 50%.

1. Rug

**Dust mites** are found in rugs and carpeting. Dust mites can be an allergy trigger for some people with asthma. Dust mites are microscopic in size (can’t be seen with the eye), they live in places and items made of thick fibers, such as **(Bedding, carpets pillow, sofa, rugs and stuffed toys.)**

**How to decrease exposure:**

* Remove rugs from home
* Replace carpeting with flooring (Ex: Tile, wood) that can be damp mopped often.
* If you must retain the carpet, use a vacuum cleaner with a high efficiency filter (HEPA) or a central vacuum cleaner.
* Keep humidity level in home under 50%.

1. Plant
2. **Mold** are sometimes microscopic (can’t be seen with the eye) fungi or spores that live on plants. These spores can go into the air and be breathed in.. Moldcan be an allergy trigger and can cause symptoms to flare for some people with asthma. Mold grows in areas of moisture and high humidity. Common areas are: bathrooms, basements, potted plants, and areas of indoor water leaks. Outdoors, mold is commonly found in soil & leaves.

* Maintain low indoor humidity, ideally between 30-50% relative humidity. Humidity levels can be measured by hygrometers found at local hardware stores.
* Install dehumidifier if needed.
* Do not use humidifiers or vaporizers excessively as they can be a source of moisture and mold growth.
* Clean & remove mold promptly
* Remove or reduce the number of indoor plants. Only use plants that do not need misting.
* Do not over water plants. When soil is moist do not water. Use a tool to check if the plant needs water.
* Limit or avoid outdoor exposure to molds & leaves

1. Furniture

Bathroom content:

Living room content:

Kitchen content: