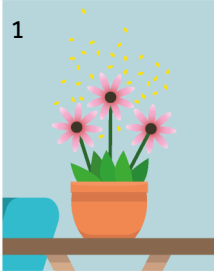



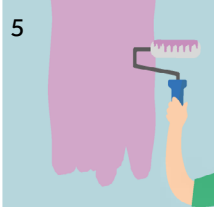


SPOT THE TRIGGERS



ANSWER SHEET


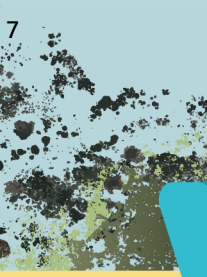



	Exercise 1	Exercise 2
<p>1</p> 	<p>Pollen</p> <p>Pollen is a powder containing tiny grains or spores which are released from plants during their reproductive cycle. The grains can vary in size depending on the plant species. Smaller pollen grains can get further and deeper inside lungs. Some flowers generate less pollen than others.</p>	<p><input checked="" type="checkbox"/> Avoid <input type="checkbox"/> Clean Regularly <input checked="" type="checkbox"/> Ventilate</p> <p>Allergic reactions to pollen tend to be more severe the higher the concentration of pollen in the air. If you can, select plants that don't produce, or only produce small amounts of pollen. These tend to be plants pollinated by birds and insects. Male plants will produce more pollen than their female counterparts.</p> <p>Let fresh air in/filter the air to help reduce build up of pollen in the air.</p>
<p>2</p> 	<p>Soft toys and carpet/rug</p> <p>Soft toys and soft furnishings such as rugs and carpets can collect dust, this can be released back into the air and can trigger symptoms in some people.</p>	<p><input checked="" type="checkbox"/> Avoid <input checked="" type="checkbox"/> Clean Regularly <input type="checkbox"/> Ventilate</p> <p>Reducing items which collect dust such as soft toys and, if possible, replacing carpets with hard flooring can help reduce exposure to dust. For items which can't be removed, it can help to regularly Hoover or clean them, preferably when anyone who has asthma is not around.</p>
<p>3</p> 	<p>Cooking</p> <p>Cooking is a source of fine particles which can increase risk of asthma. It is also a potential source of moisture which can cause damp and mould.</p>	<p><input type="checkbox"/> Avoid <input type="checkbox"/> Clean Regularly <input checked="" type="checkbox"/> Ventilate</p> <p>Cooking is an important activity that happens in most homes on most days, so the best way to reduce risk is to use ventilation during cooking and for 10 minutes afterwards.</p> <p>If you have one, it is best to use the cooker hood during cooking to extract any pollutants to outside. Putting lids on pans also reduces the amount of steam, which would help keep the humidity down.</p>
<p>4</p> 	<p>Dusty fan</p> <p>If a fan is dusty or is used in a dusty room the dust in the air it moves can resuspend.</p>	<p><input type="checkbox"/> Avoid <input checked="" type="checkbox"/> Clean Regularly <input type="checkbox"/> Ventilate</p> <p>Cleaning the fan regularly, preferably with a damp cloth, to remove dust will help to prevent dust from getting into the air.</p>
<p>5</p> 	<p>Paint fumes</p> <p>Building and decorating materials, such as paint, and new furniture release chemicals into the air.</p>	<p><input checked="" type="checkbox"/> Avoid <input type="checkbox"/> Clean Regularly <input checked="" type="checkbox"/> Ventilate</p> <p>If possible, avoid doing DIY especially while anyone with asthma is around. These materials continue to release chemicals, including Volatile Organic Compounds (VOCs), for a long time so it is important to increase ventilation during and after using them. It may also be helpful to choose low VOC paints.</p>

About this worksheet: In the RCPCH RCP 2020 publication *The Inside Story: Health effects of indoor air quality on children and young people*, on page 15, #TeamCleanAir&Us said: "Children and young people want clear, factual and accessible information about what the potential harm is from poor indoor air quality and what we (children, young people, parents and carers) can do to avoid or reduce indoor air pollutants". Many of the Indoor Air Quality Working Party members were contributing authors to this publication and have produced these worksheets as a first step towards addressing this request from children and young people.

SPOT THE TRIGGERS



ANSWER SHEET

	Exercise 1	Exercise 2
<p>6</p> 	<p>Cleaning products</p> <p>Cleaning products can be a source of chemicals in the air which may worsen Asthma.</p>	<p><input checked="" type="checkbox"/> Avoid <input type="checkbox"/> Clean Regularly <input checked="" type="checkbox"/> Ventilate</p> <p>To avoid inhalation and dermal (skin) exposure to any harmful cleaning chemicals, use non-spray options if possible, ventilate the room during use, and try to completely remove cleaning products off surfaces after cleaning. Choosing unscented products may also help.</p>
<p>7</p> 	<p>Mould</p> <p>Mould spores and fragments from different species can form spores that travel through the air, enabling mould to spread. Mould is more likely to form in cold damp environments.</p>	<p><input checked="" type="checkbox"/> Avoid <input checked="" type="checkbox"/> Clean Regularly <input checked="" type="checkbox"/> Ventilate</p> <p>Cleaning off visible mould can help. Avoiding activities that release moisture indoors, such as drying laundry, reduces the risk of damp, and therefore mould. Some moisture generating activities, such as cooking or cleaning, can't be avoided so ventilation is important to get rid of excess moisture.</p> <p>If you have persistent mould in rented housing you can contact your landlord or environmental health department.</p>
<p>8</p> 	<p>Dust from vacuum cleaner</p>	<p><input type="checkbox"/> Avoid <input checked="" type="checkbox"/> Clean Regularly <input type="checkbox"/> Ventilate</p> <p>Vacuuming is one of the easiest ways to clear dust, which is especially important for people with asthma. However, if it isn't emptied regularly and kept in good condition, a vacuum cleaner can release dust and particles back into the air. Bacteria can survive for up to two months within these spaces and then be released into the air when the vacuum cleaner is used again.</p>
<p>9</p> 	<p>Spray deodorants and perfumes</p> <p>Personal care products can also release chemicals, including VOCs, and small particles into the air.</p>	<p><input checked="" type="checkbox"/> Avoid <input type="checkbox"/> Clean Regularly <input checked="" type="checkbox"/> Ventilate</p> <p>If possible, use non-spray options, or use ventilation at the same time. It may also help to choose low scent or unscented products.</p>
<p>10</p> 	<p>Pet hair, pests and dander</p> <p>Dander is the name for the particles from dead skin or fur and feathers. This can come from animals including pets and pests. These can cause reactions in people who are allergic to them.</p>	<p><input checked="" type="checkbox"/> Avoid <input checked="" type="checkbox"/> Clean Regularly <input type="checkbox"/> Ventilate</p> <p>If you or someone you know is sensitive to pets you might need to completely avoid some pets or choose low or no shedding pets. If you don't want to get rid of furry pets, it can help to keep them out of bedrooms, clean them regularly and regularly vacuum or clean floors and soft furnishings.</p> <p>Exposure to dander, particularly from pests such as mice, and their poos can worsen asthma. An adult will be able to contact the council to find out if they provide pest control services.</p>

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