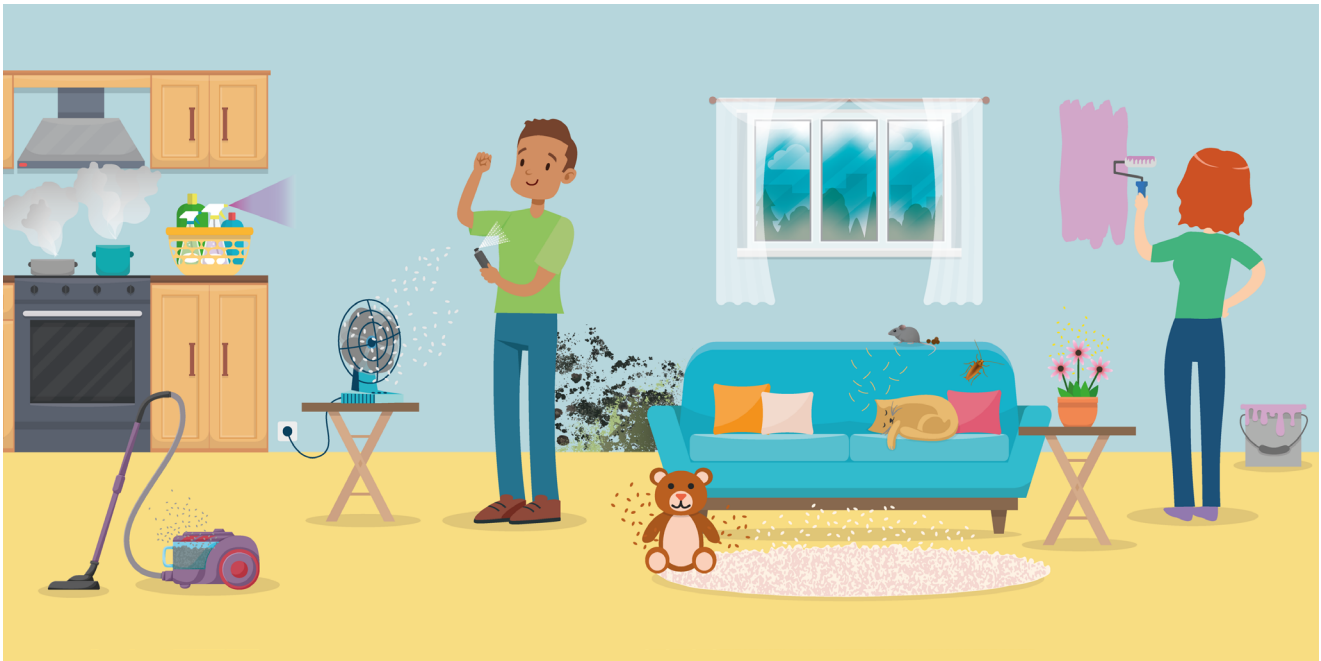
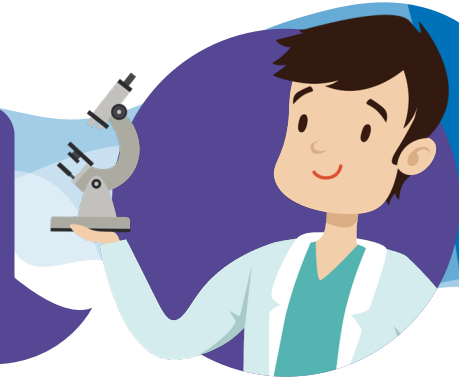


SPOT THE TRIGGERS

We're still learning about what environmental conditions and pollutants inside buildings can cause or trigger asthma. It is vital that scientists and the medical community continue to investigate, understand and share their findings on how the environment, indoors and out, affects conditions such as asthma so that we can avoid and reduce negative health consequences for children.



Exercise 1: The picture shows 10 items or activities that could exacerbate asthma. Write down why you think they might be a problem.

1	Avoid	Clean Regularly	Ventilate	6	Avoid	Clean Regularly	Ventilate
2	Avoid	Clean Regularly	Ventilate	7	Avoid	Clean Regularly	Ventilate
3	Avoid	Clean Regularly	Ventilate	8	Avoid	Clean Regularly	Ventilate
4	Avoid	Clean Regularly	Ventilate	9	Avoid	Clean Regularly	Ventilate
5	Avoid	Clean Regularly	Ventilate	10	Avoid	Clean Regularly	Ventilate

Exercise 2: Now go back and look at your answer. How would you reduce the risk they pose to someone with asthma? Would you avoid? Clean regularly? Or Ventilate? Sometimes you might want to use more than one method to reduce exposure.