

# Action Asthma!

**LET'S HAVE OPEN AIRWAYS!**

## **AVOID Mr Trigger**

A trigger is anything that may irritate your **sensitive** airways. It is impossible to avoid all your triggers, but you can control and avoid some of them.

### **Common triggers:**

- Dust-mites
- Stuffed toys
- Pollen & Grass
- Mold
- Pets
- Sprays & Perfumes
- Air pollution
- Colds



**Open  
Airways**

Helping Bermuda Breathe

[www.openairways.com](http://www.openairways.com)

### **Learn More Breathe Better**

**SEE YOUR DOCTOR OR AN ASTHMA NURSE:**

Jennifer Wilson (Dept. Of Health) **332-8915**

Debbie Barboza (KEMH) **239-1652**

Liz Boden (Open Airways) **232-0264**

