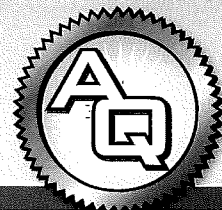


# ASTHMA QUEST™

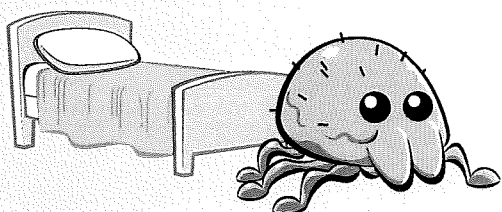


## QUEST 2: ASTHMA TRIGGERS

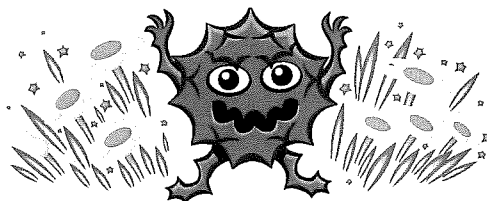
### WHAT MAKES YOUR ASTHMA WORSE?

Pay attention to things that seem to make your asthma symptoms worse—these are called “triggers”. Learn what your asthma triggers are, and stay away from them if you can. Talk with a grown-up and your doctor and nurse about your asthma triggers. Ask them about how to exercise with asthma.

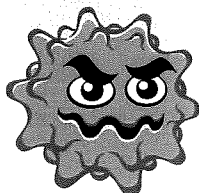
#### Common asthma triggers



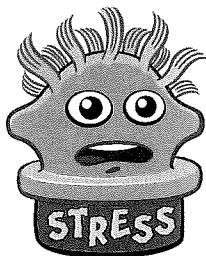
**Dust mites** (live in places with dust, like beds, rugs, and sofas)



**Pollen** (from trees, grasses, weeds)



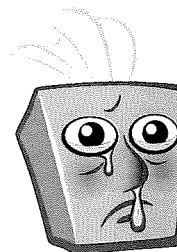
**Mold** (grows in damp places)



**Stress** (like worried or scared)



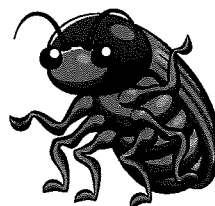
**Smoke**



**Colds**



**Pet dander** (tiny skin flakes from pets with fur or feathers)



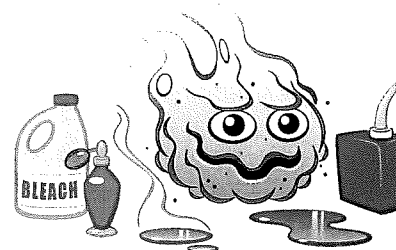
**Cockroaches**



**Weather** (such as cold air)



**Exercise** (such as running)



**Strong smells**

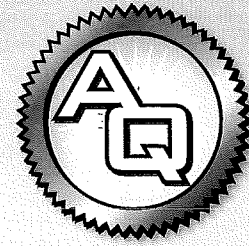


GlaxoSmithKline

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# ASTHMA QUEST™



## MATCH THE TRIGGER

Do you know your asthma triggers? Think about all the places where you might find them.

### Clues

### Triggers

Draw a line to match the clue to the right trigger.

1. Think of us as pests from your favorite furry pets.

2. We are the eight-legged bugs on your pillows, toys, and rugs.

3. If an area is damp, we can set up camp.

4. Ready, set, time to work up a sweat.

5. We have reason to cheer when spring is near.

6. When you smell a fume, that's me in the room.

7. Cold or hot...I'm here if you like me or not.

8. I love crumbs and trash, and can find them in a flash.

9. I kid you not, you won't feel so hot.

10. If you smell me in the air, beware.



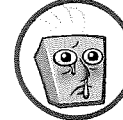
Dust mites



Strong smells



Cockroaches



Colds



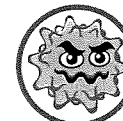
Pollen



Smoke



Pet dander



Mold



Weather



Exercise

Answer key: 1. Pet dander, 2. Dust mites, 3. Mold, 4. Exercise, 5. Pollen, 6. Strong smells, 7. Weather, 8. Cockroaches, 9. Colds, 10. Smoke



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