

HEALTH TIPS

Make Health Happen

Asthma triggers

ASTHMA TRIGGERS ARE THINGS THAT CAN CAUSE AN ASTHMA ATTACK. THEY CAN MAKE YOUR ASTHMA WORSE.

Everyone with asthma has different triggers. Your doctor can help you figure out what yours are and how to avoid them. Here are some tips.

Put a check mark by the things that trigger your asthma. Also check the ideas you think might help:

Chemical agents

- Avoid smoke.
- Limit exposure to perfume, cleaning agents and sprays.

Dust and dust mites

- Clean up surface dust often.
- Clean with a damp cloth or mop.
- Leave the room when someone is cleaning.
- Put a plastic cover over your mattress.
- Wash sheets, blankets and pillowcases in hot water every week.
- Remove or wash stuffed toys.

Pets

- Keep pets out of the house or at least out of your bedroom.
- Give pets a weekly bath.
- Wash your hands after touching pets.

Cockroaches

- Clean up food and garbage and exterminate cockroaches.

Mold

- Keep your home dry—you may need to use a dehumidifier.
- Wash and dry foam pillows every week.
- Check houseplants for mold.
- Keep bathrooms, kitchens and basements clean, with good air flow.

Pollen

- Use the air conditioner during allergy season instead of opening windows.
- Avoid hanging clothes outside to dry.
- Stay away from freshly cut grass.



www.unicare.com

UniCare Health Plan of West Virginia, Inc.

® Registered mark of WellPoint, Inc.

WVHT-ASTHT-0511 E

Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

HP-C-1133-13 12.13



Asthma triggers

ASTHMA TRIGGERS ARE THINGS THAT CAN CAUSE AN ASTHMA ATTACK. THEY CAN MAKE YOUR ASTHMA WORSE.

Colds and flu

- ___ Stay away from people with colds and flu.
- ___ Ask your doctor about getting a flu shot yearly.
- ___ Wash your hands a lot.

Cold air

- ___ Breathe through your nose.
- ___ Wear a scarf around your face.

If you know of other things that trigger your asthma, list them here:

1. _____
2. _____
3. _____

Avoiding triggers is one key to controlling asthma. Your doctor can tell you other things you can do.

Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

www.unicare.com

Source:

National Heart, Lung and Blood Institute website: *Explore Asthma*
(June 15, 2012): nhlbi.nih.gov/health/health-topics/topics/asthma.

UniCare Health Plan of West Virginia, Inc. ® Registered mark of WellPoint, Inc.