



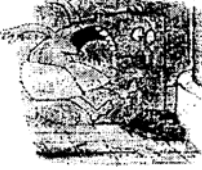


Triggers	Ways to Avoid Triggers
 Secondhand Smoke	<ul style="list-style-type: none"> • Do not allow smoking in the home. Place “No Smoking” signs in your home. • Do not smoke or allow smoking in the car. • Get help to quit – PA Quitline 877-724-1090. NJ Quitline 866-657-8677. DE Quitline 866-409-1858. • Freedom From Smoking website. (www.ffsonline.org)
 Dust Mites	<ul style="list-style-type: none"> • Cover mattresses and pillows in dust-proof zippered covers. • Wash sheets and blankets once a week in hot water. • Choose washable stuffed toys for children and wash them often and in hot water. • Keep stuffed toys off beds.
 Pet Dander	<ul style="list-style-type: none"> • Consider keeping pets outdoors or even finding a new home for your pet. • Keep pets out of the bedroom and other sleeping areas at all times. • Put cloth over heat vents to the child’s room. • Keep pets away from fabric-covered furniture. • Wipe down furniture weekly.
 Pests (Cockroaches)	<ul style="list-style-type: none"> • Do not leave food out – store in airtight containers. Empty garbage everyday. • Clean all food crumbs or spilled liquids immediately. • Use roach bait to trap roaches. • If spray is necessary, be sure to spray when child is not at home; air out the room for several hours.
 Mold	<ul style="list-style-type: none"> • Wash mold off hard surfaces and dry completely. Wash the shower walls and shower curtain with bleach at least once a month. • Fix leaky plumbing or other sources of water. • Keep plants out of the child’s bedroom. • If possible use a dehumidifier in the home.

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