

Environmental Asthma Triggers Kit



Overview

This is an activity used to demonstrate environmental asthma triggers and solutions 1-on-1 or with small audiences in the home or clinical environment.

Learning Objectives

By the end of the activity, participants will be able to:

- Examine examples of environmental asthma triggers commonly found in the home and outdoor environment.
- Understand ways to reduce exposure to environmental asthma triggers.

Audience

6th grade to adult

Materials

- Plastic container with lid (approximately shoe-box size)
- Examples of environmental asthma triggers (see table)
- Trigger/Solutions cards

Trigger	Examples
Dust Mites	Small stuffed animal
Cockroach/Pests	Plastic cockroach, mouse
Secondhand Smoke	Empty cigarette package
Mold	Photo on cube
Animal Dander	Photo on cube
Chemical Irritants	Air freshener, nail polish, perfume, nail polish removal, candle, cleaning products
Unvented Gas Stoves	Photo on cube
Wood Smoke	Photo on cube
Pollen	Artificial plant
Auto and Truck Traffic	Photo on cube
Factory Pollution	Photo on cube

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Duration

15 minutes

Activity Preparation

Collect examples of various environmental triggers and place in bin.

Instructions

1. Open the trigger kit and ask the participant if they have any of the examples currently in their home.
2. Explain that each of the items makes it harder to breathe for asthmatics, and can trigger an asthma attack.
3. Review the “Trigger/Solutions” card and discuss ways the participant can find alternatives.
4. Encourage the participant to reduce environmental asthma triggers and emphasize that taking a multi-trigger approach is best.

Evaluation

- Ask participants to identify some actions they think are feasible to take to reduce potential environmental triggers.
- Follow up with participant at next appointment/contact to check in on the successes and challenges of those actions.