Activity: Matching Asthma Triggers and Solutions

Overview
In this activity, participants will practice identifying asthma triggers and corresponding solutions.

Learning Objectives
By the end of the activity, participants will be able to:
• Identify common asthma triggers as well as solutions to reduce the occurrence of asthma.

Audience
6th grade to adult

Materials
• Asthma Triggers and Solutions matching image set and answer key (included with this lesson)

Duration
15 minutes

Activity Preparation
If working with a group of over 10 people, it may be preferable to split the larger group up into smaller groups. If this is the case, additional image sets will be needed.

Instructions
1. Ask participants what triggers and solutions for asthma they might encounter in their daily lives.
2. Distribute at least one card from the image set to each participant.
3. Ask participants to consider if their card is an asthma trigger or a solution.
4. Instruct participants to work together to find pairs (match a trigger with a solution). Matched pairs should be placed to the side.
5. After all cards have been matched, review the matches as a group.

Evaluation
• This activity is designed to reinforce content introduced during the slide presentation. Pre/post-workshop surveys should be administered at the beginning and end of the session to measure participants’ knowledge gained. Questions #6 and #9 relates to this activity.
Activity: Matching Asthma Triggers and Solutions
– Answer Key

**Trigger**
Humidifiers add moisture to the air, which can lead to more dust mites and the growth of mold. Monitor your child when they are sick and consult a doctor when needed.

**Solution**
Stuffed toys hold dust mites. Limit the number of stuffed toys a child plays with and wash weekly and dry in a hot dryer or freeze in a sealed plastic bag for 24 hours.

**Trigger**
Use a vacuum with a HEPA filter on carpets and furniture weekly to control dust mites and pet dander. Consider hardwood flooring.

**Solution**
To control dust mites, use a dust mite pillow and mattress covers. Wash bedding weekly and dry on hot setting.

**Trigger**
Use a vacuum with a HEPA filter on carpets and furniture weekly to control dust mites and pet dander. Consider hardwood flooring.

**Solution**
Humidifiers add moisture to the air, which can lead to more dust mites and the growth of mold. Monitor your child when they are sick and consult a doctor when needed.

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Activity: Matching Asthma Triggers and Solutions – Answer Key

**Trigger**

Food and crumbs on counters can attract pests. Store food in tightly sealed containers and keep counters/stove clean.

**Solution**

Keep cockroaches and mice away by giving them neither food nor water and cleaning counters and dishes daily.

**Trigger**

Use a trash can with a lid to prevent cockroaches, mice, and pets from finding food.

**Solution**

Avoid using pesticide sprays to control cockroaches and use baits instead.

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Activity: Matching Asthma Triggers and Solutions – Answer Key

**Trigger**

1. Do not smoke inside the home or car.
2. Leaks can lead to mold if not fixed quickly. Look for leaky pipes regularly and fix as soon as possible.

**Solution**

1. Mold should be cleaned with soap and water immediately. Be sure to fix moisture problem that is making the mold grow.
2. Mold spores float in the air and grow on plants and leaves. During late summer and early fall, keep windows closed to keep spores from entering your home.

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Activity: Matching Asthma Triggers and Solutions – Answer Key

<table>
<thead>
<tr>
<th>Trigger</th>
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</tr>
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<tbody>
<tr>
<td>Keep pets from sleeping on beds and furniture to reduce contact with animal dander.</td>
<td>Harsh cleaners like bleach are bad for air quality. Use “green” cleaners instead. (See our fact sheet for recipes.)</td>
</tr>
<tr>
<td>Air fresheners are bad for air quality. If you have an odor, use a “green” cleaner to clean it up or open a window for ventilation.</td>
<td>Use the fan above gas stoves, and be sure pollutants are vented to the outside.</td>
</tr>
</tbody>
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<td>Burn only dry wood, and have chimney inspected every year. If possible, limit use of fireplace, and consider replacing old wood stove models with newer, clean-burning types.</td>
<td>Check pollen levels daily in your newspaper or online. Keep windows closed during peak pollen days; wipe down surfaces; take shoes off at the door to keep from tracking pollen inside; and use HVAC unit to help filter air.</td>
</tr>
<tr>
<td>Reduce air pollution from auto and truck traffic by walking, riding a bike, or carpooling; track air quality daily at <a href="http://www.airnow.gov">www.airnow.gov</a>.</td>
<td>Check the Air Quality Index daily, and avoid outdoor activities on orange, red, and purple days.</td>
</tr>
</tbody>
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<tr>
<td><img src="image1.png" alt="Trigger Image" /></td>
<td><img src="image2.png" alt="Solution Image" /></td>
</tr>
<tr>
<td>Recycle to reduce the amount of new materials made at factories, which can pollute outdoor air.</td>
<td></td>
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<tbody>
<tr>
<td><img src="image3.png" alt="Trigger Image" /></td>
<td><img src="image4.png" alt="Solution Image" /></td>
</tr>
<tr>
<td>Bathe your pets regularly and outdoors to control pet dander.</td>
<td></td>
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<tbody>
<tr>
<td><img src="image5.png" alt="Trigger Image" /></td>
<td><img src="image6.png" alt="Solution Image" /></td>
</tr>
<tr>
<td>Conserve energy in your home to use less power from coal-fired power plants, which can pollute outdoor air.</td>
<td></td>
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