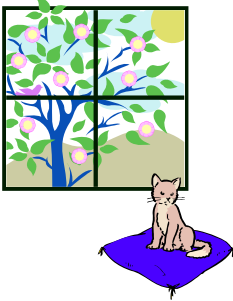

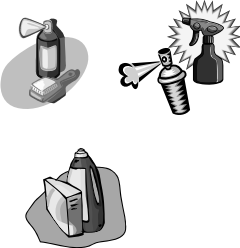



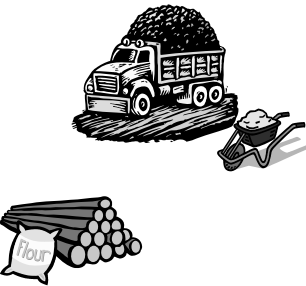




Possible Asthma Triggers

<p>Allergies</p>  <ul style="list-style-type: none"> • Foods such as nuts, chocolate, eggs, orange juice, fish, milk, peanut butter. • Pollens from flowers, trees, grasses, hay, ragweed. • Mold spores. • Animal dander (rabbits, cats, dogs, hamsters, chickens, birds). Feather pillows, down comforters. • Insect parts such as those from dust mites and cockroaches. • Sensitivity to sulfites—a food preservative—or aspirin. 	<p>Weather</p>  <ul style="list-style-type: none"> • Cold air. • Hot air • Changes in seasons.
<p>Household Products</p>  <ul style="list-style-type: none"> • Vapors from cleaning solvents, paint, paint-thinner, liquid chlorine bleach. • Sprays from furniture polish, starch, cleaners, and room deodorizers. • Spray deodorants, perfumes, hair sprays, talcum powder, scented cosmetics. 	<p>Infections</p>  <ul style="list-style-type: none"> • Colds, flu, bronchitis, sinusitis, tonsillitis, sore throat or other viruses.
<p>Dust</p>  <ul style="list-style-type: none"> • Cloth upholstered furniture, carpets, and draperies. • Brooms and dusters. • Dirty air filters in furnaces and air conditioners. 	<p>Night time</p>  <ul style="list-style-type: none"> • Lying down, tiredness, accumulating mucus.
<p>On the Job</p>  <ul style="list-style-type: none"> • Dust, vapors or fumes from wood products (western red cedar, some pine and birch woods, mahogany). • Flour, cereals, grains, coffee, tea, papain. • Metals (platinum, chromium, nickel sulfate, soldering fumes). • Cotton, flax, hemp. • Mold from decaying hay. 	<p>Emotions</p>  <ul style="list-style-type: none"> • Fear, anger, stress, frustration, tension, laughing, crying or excitement. <p>Smoke</p>  <ul style="list-style-type: none"> • From cigarettes, cigars, pipes-yours or someone else's. • Wood burning (campfires, fireplaces, barbeques). • Candles <p>Please remember on bad winter nights the voluntary "Please Don't Light Tonight" program.</p> <p>Please note: often it is a combination of these triggers that causes asthma symptoms to appear.</p>