

What is a Trigger?

(15 Minutes)

Purpose: To identify common triggers and teach how to remove or avoid them

Materials Needed:

1. CAPP Trigger Sheet Handout
2. "How to Avoid Asthma Triggers" Handout

Teaching Points: Use the teaching points and the handouts to educate community members the basics about asthma triggers.

- A **trigger** is something in the environment that makes asthma worse. By avoiding or removing triggers, you can improve your child's asthma.
- There are three main kinds of asthma triggers
 1. **Infections** such as a cold or the flu
 2. **Allergies** to pollen, mold, animals, dust mites, or cockroaches
 3. **Irritants** such as tobacco smoke, perfume, chemicals, incense, or other strong smells
- Some of the most common triggers are:

Colds/flu	Detergents/Strong Smells
Mold	Bedding
Grass/Pollen	Diesel Fumes
Exercise	Cigarette Smoke
Animals	Cockroaches
Dust Mites	Weather Changes



Facilitator's Note 1:

Use pictures of triggers to identify triggers most commonly found in your community. Remember that each individual will have different triggers of concern. Make sure you focus your attention on the most important triggers to the community that you're working with.



Facilitator's Note 2:

Brainstorm with your group about simple steps to reduce these triggers. Try to recommend simple steps that can be easily implemented and are cost effective. Examples of simple steps to remove triggers can be found in the "How to Avoid Triggers" handout.