

KEEP IT CONTAMINANT
FREE

ASTHMA TRIGGER

TOBACCO SMOKE/SECOND HAND SMOKE

- **An irritant that further worsens asthma symptoms**
- **Also causes an allergic reaction in sensitive airways**
- **Exposure to primary or second hand smoke can lead to decreased lung function**



ASTHMA ACTION STEPS

- If you smoke, quit.
- Do not smoke in your home or car and do not allow others to do so.
- Do not smoke around children
 - Resources



Or log onto ["Become an EX"](#) to start your online program to re-learn life without cigarettes.



CONNECTICUT
QUITLINE
I-800-QUIT-NOW

ASTHMA TRIGGERS

CONSUMER PRODUCTS

- **Products that give off a strong odor or scent such as bleach, cleaning products, air fresheners or hair sprays**
- **An irritant to sensitive airways**
- **Contain toxic substances that are harmful to the skin and when ingested**



ASTHMA ACTION STEPS

USE GREEN PRODUCTS

- Non toxic cleaning products are now available
- Ventilate area
- Non toxic household ingredients for green cleaning products

Vinegar Baking Soda

Lemons Borax Cleaner

Dish Liquid



www.greenworkscleaners.com



www.impressivecleaninglondon.co.uk