

Cockroaches

- + Don't keep food in your bedroom.
- + Make sure food and garbage are sealed.
- + Take steps to rid your house of cockroaches if they are a problem.

Winter Weather

- + On cold days, cover your nose and mouth with a scarf to so you don't breathe in cold air.



Colds & Flu

- + Stay away from people with colds or the flu.
- + Get plenty of rest.
- + Drink lots of fluids.
- + Get the flu shot every year.
- + Wash your hands often, and don't touch your eyes, nose and mouth.
- + Call your doctor if you are sick with an infection because it could make your asthma worse.

**If you have questions, please call
a nurse at our toll-free number:
888.559.1010.**

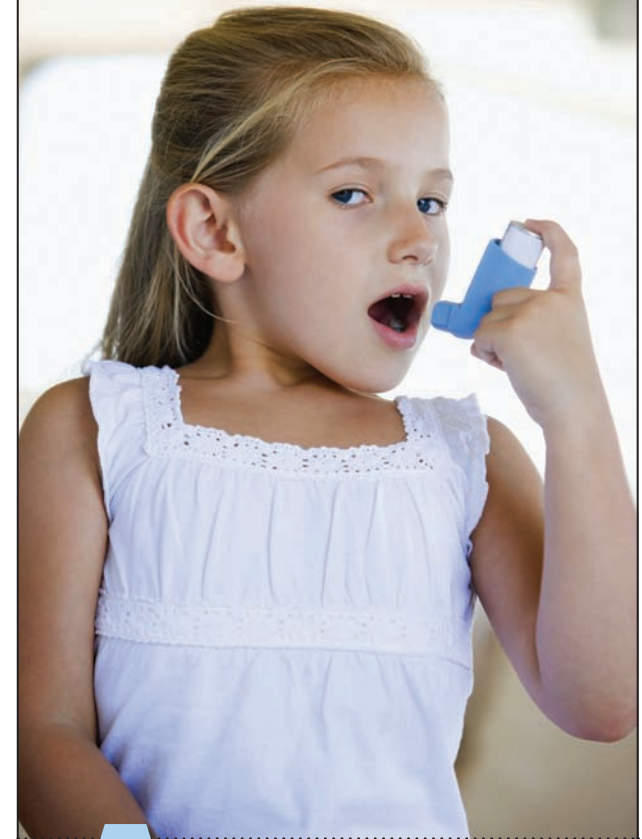


**The Nurse Help Line is available
24 hours a day, 7 days a
week, at the toll-free number:
800.304.5436.**

FirstChoice
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Kids

POWER overasthma



Asthma triggers:
**What are yours?
What do they do to
your asthma?**

What are asthma triggers?

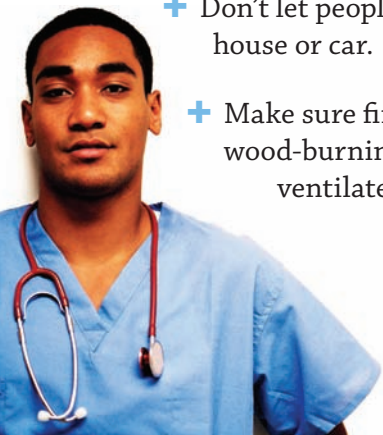
An asthma trigger is something in the environment that makes your asthma flare up. It is important to know your triggers so you can stay away from them.

Different people have different triggers. Talk to your doctor about which triggers you should avoid.



Smoke

- + If you smoke, contact your doctor for help quitting.
- + Stay away from smoke-filled areas.
- + Don't let people smoke in the house or car.
- + Make sure fireplaces and wood-burning stoves are well ventilated.



Dust mites

- + Use special covers for pillows and mattresses.
- + Take rugs or carpet out of the bedroom.
- + Wash your bedsheets and blankets each week in very hot water.
- + Take stuffed toys out of the bedroom or wash them weekly in hot water.
- + Stay out of rooms that are being vacuumed. Or wear a dust mask if you vacuum.



Pets

- + Keep pets with fur or feathers out of your bedroom or home, if possible.
- + If you have a pet, have it bathed weekly.

Exercise

- + Ask your doctor if you should take asthma medicine before you exercise.



Mold & Mildew

- + Fix leaky faucets and pipes in the home.
- + Keep your shower curtains clean.
- + Keep bathrooms, kitchen and laundry room clean and well-aired.
- + Don't use a humidifier or vaporizer.



Strong odors

- + Avoid perfume, talcum powder, strong-smelling cleaning products and aerosol sprays such as hairspray or bug spray.



Pollen

- + Stay inside when pollen levels are high.
- + Use air conditioning, if possible.
- + Keep windows closed during seasons when pollen is at its worst.
- + Don't hang clothes outside to dry.