

SMALL CHANGES AT HOME CAN MEAN BIG DIFFERENCES IN YOUR FAMILY'S BREATHING.

You can take simple steps to remove the triggers in your home that can cause asthma attacks and make symptoms worse.

Give pets a weekly bath

Keep stuffed toys out of bedrooms

Vacuum rugs weekly

Keep pets off furniture

Open a window while cleaning or cooking

Make your home and car no-smoking zones

Stay inside and use an air conditioner when pollen or humidity is high

For more information and support, talk to your doctor or visit the Vermont Department of Health's Asthma Program online:
www.healthvermont.gov/prevent/asthma

BREATHE DEEP.
LIVE BETTER.



Take on asthma
and take back your life.

VERMONT
DEPARTMENT OF HEALTH