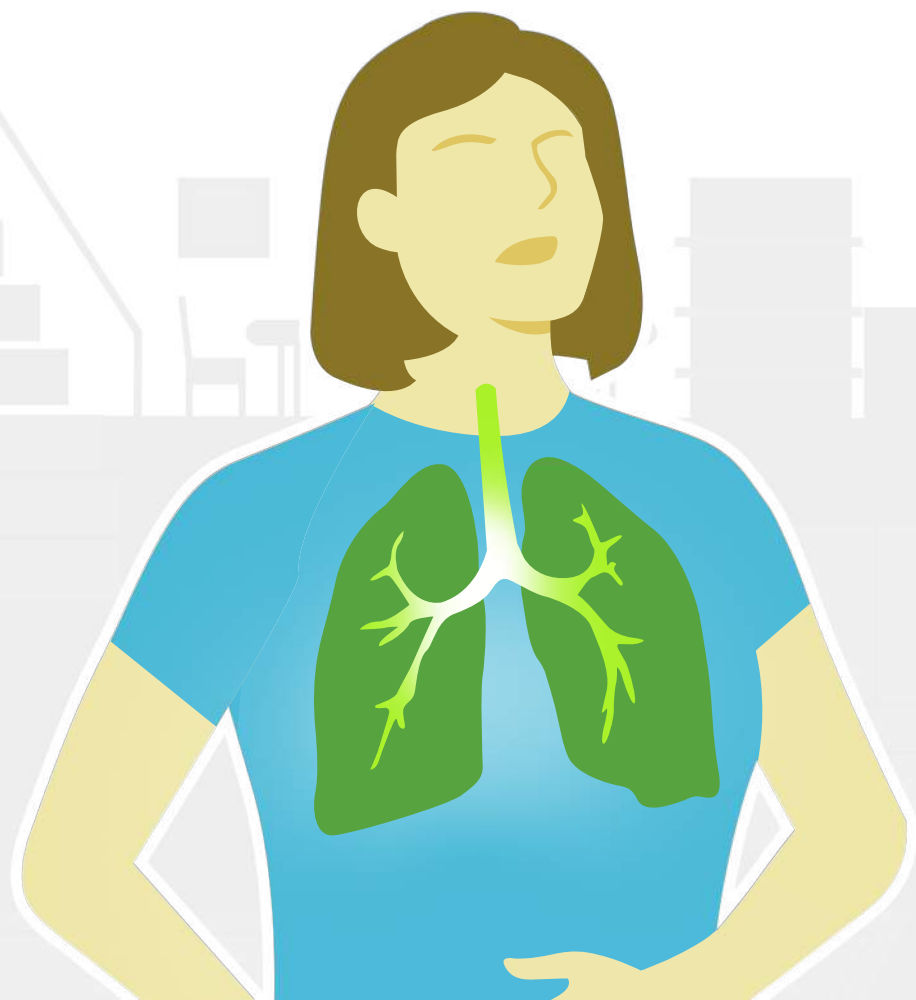


ASTHMA TRIGGER REDUCTION PLAN

Part of managing your asthma means controlling your asthma triggers at home. Now that you've gotten your score, read your report, and learned a few new things about the triggers around your house, make a checklist of the things you want to do around your home to make it healthier!



Take Action Everyday!

There are lots of small steps you can take each day to keep your asthma triggers controlled at home.

CHOOSE 4 THINGS FROM YOUR
REPORT TO TRY THIS WEEK:

EX. ADD DOORMATS INSIDE AND OUTSIDE

1

2

3

4

Maintenance this Month!

Home maintenance tasks are important. Make a little time and add new ones to your routine!

PICK 3 THINGS FROM YOUR ACTION PLANS
TO DO THIS MONTH:

EX. DRY SWIFFER[®] THE WALLS AND CEILING

1

2

3

Make Big Changes!

When you are ready, there are changes you can make that can have a long-term positive impact on your home's indoor air quality. These require some planning.

WHAT ARE YOUR HEALTHY HOME GOALS?

EX. ADD BALANCED, MECHANICAL VENTILATION

1

2

3

Tools

Certain tools can help make your job easier.

WHAT CAN HELP IN YOUR HOME?

EX. GET A HEPA VACUUM

1

2

3

Get Your Hayward Score Now at haywardscore.com