

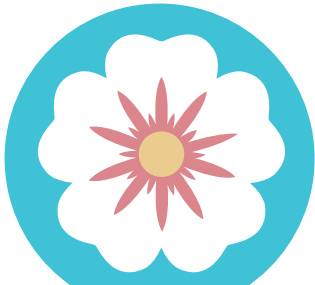
HERE'S TO  
**HEALTH**



**BREATHE EASY**  
asthma/copd program



# COMMON **ASTHMA** TRIGGERS



POLLEN



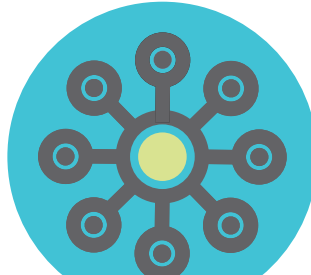
PET DANDER



DUST



CHEMICALS



MOLD



POLLUTION

Triggers vary by person and can irritate the respiratory tract, possibly causing an asthma attack. If you have an attack, follow the action plan you created with your doctor, use your inhaler if necessary, and in the case of a severe attack, call 911.

The Breathe Easy program is designed to provide additional support and assistance for participants diagnosed with Asthma or COPD.

**Enroll online at [teachershealthtrust.org](https://teachershealthtrust.org)!**