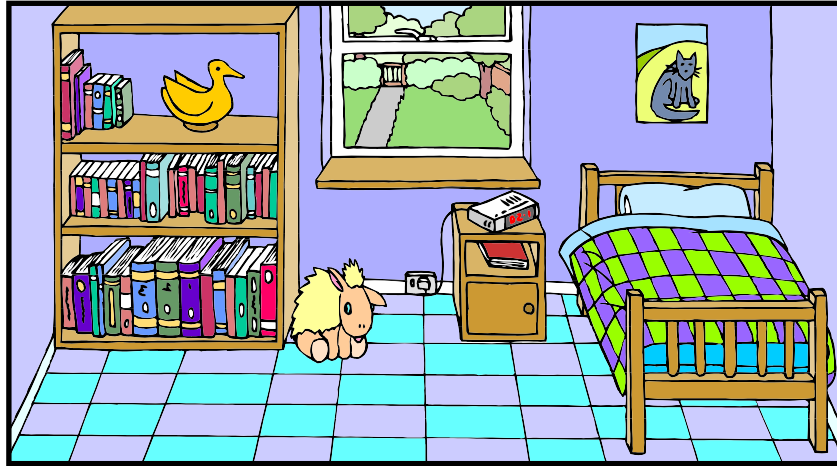




THE LUNG LAB

BE ON GUARD AT HOME



Triggers are everywhere - out on the street, in your living room, in the countryside, hiding in the classroom. But probably the most dangerous place of all is in your bedroom at home. That's because:

- a) you spend so much time there
- b) bedroom triggers like house-dust mites are so small and well hidden

Ten-year-old Lucy Aston, sister of six-year-old Bobby, explains how to win the bedroom battle.

'My little brother Bobby is sensitive to house dust but his asthma is not nearly as bad as it used to be, mostly because I always remind him to take his medicine in the mornings, and also because we know how to fight triggers at home.

Bobby has wooden floors instead of carpets on his bedroom floor and special covers on his mattress, sheets and pillow. He has a few soft toys that my mum hot washes regularly. To keep dust to a minimum, we all help damp dust Bobby's room with a wet cloth every week and vacuum the floor - it's noisy, but fun!

A recent event proved how important it is to do all these things. My dad moved some dusty toys - including a massive grizzly bear - onto Bobby's bed and forgot to change the covers afterwards. Bobby began to cough in the night, something he hasn't done for a long time, and we realised what had triggered his asthma again.

Although it was hard work at first, being careful at home and having regular trigger searches has been a great help. Bobby hardly ever coughs at night and only has one bad asthma attack a year. Even with a silly daddy and grizzly bears in the house!'



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Lucy is a bit of an asthma expert and a big help to her brother. Answer these questions to find out if you're ready to guard against asthma in the home:

- 1. What colour are the inhalers that contain the asthma medicine which Bobby takes when he has problems breathing and make him feel better straight away?**
 - a) blue
 - b) pink
 - c) yellow
- 2. What colour are the inhalers that contain the asthma medicine which Bobby takes every day to help stop his asthma getting worse?**
 - a) brown
 - b) red
 - c) purple
- 3. Which of these pets would be best for Bobby?**
 - a) cats and dogs
 - b) goldfish
 - c) budgie
- 4. Which is the odd one out?**
 - a) pollen
 - b) mould
 - c) tobacco smoke
 - d) air
 - e) dust
- 5. What should Bobby eat to help fight the cold and flu viruses that trigger asthma?**
 - a) fast food
 - b) a healthy diet with lots of fresh fruit containing Vitamin C
 - c) lots of sweets and cakes
- 6. Which of these is NOT the best birthday present for Bobby?**
 - a) more soft, furry toys
 - b) jigsaw puzzles
 - c) adventure books
- 7. Which of these would make the best floor surface for Bobby's room?**
 - a) wood
 - b) carpet
 - c) furry rugs



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