



Air Health Our Health Trigger Diary-

Whether you are a member of the “Twitchy Airway Club” with asthma, COPD, or suffer from allergies that drive you crazy, a trigger diary can help you take control of your disease, cough and symptoms. Start to pay attention to what is going on when your breathing or cough worsens. Neighbor mowing the lawn? At a bus stop and truck belching diesel going by? Hipster friend puffing on an American Spirit? Write it down. Pull out the pattern, and share it with your doctor. Avoid triggers if you can and see how your health improves.

<u>Time</u> <u>happened?</u>	<u>Symptoms</u>	<u>Trigger?</u>	<u>What</u>
<i>Eg- 1pm</i>	<i>wheezing, cough, itchy eyes</i>	<i>neighbor mowing lawn, hot</i>	<i>went inside, felt better</i>