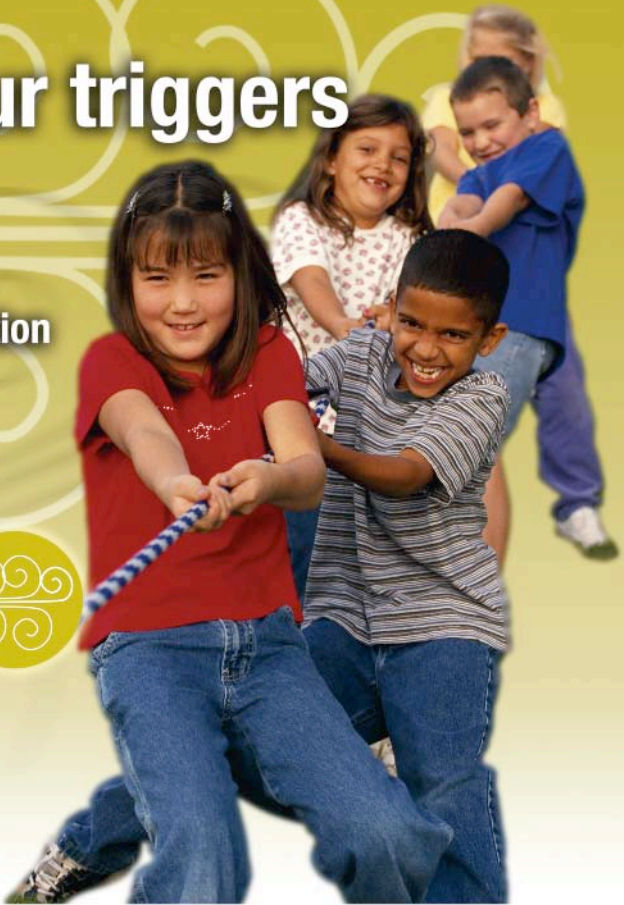
# Avoid your triggers

- Cockroaches
- Dust Mites
- Mold
- Outdoor air pollution
- Pet dander
- Tobacco smoke



Take Control of Asthma

InJAC
Joint Asthma Coalition
*Reducing the burden of asthma in Indiana*