



Dear Parent/Guardian/Caregiver,

Asthma is a chronic disease that affects the lungs and causes wheezing, shortness of breath, chest tightness and coughing. There are many factors that are known to trigger asthma attacks including:

- Allergens, such as pollen, dust and dust mites
- Viral infections
- Irritants, such as chemicals, tobacco smoke and air pollution
- Exercise
- Cold air
- Stress

We want to make our child care center asthma friendly. On **DATE** we participated in a program through the Wisconsin Asthma Coalition to help us reach this goal. This included teaching our staff to better understand asthma triggers and then how to identify and remove them. At the end of the training we were given simple, low-cost and no-cost recommendations to reduce the asthma triggers in our center. We learned a lot from the program and will continue to strive for a healthy environment for all kids.

We would love to answer any questions or share more information on ways you can reduce asthma in your home as well!

Please contact:

Name: **Your contact info**

Phone:

Email:

Sincerely,

*Center Name*