

TRIGGER DETECTION DIARY

For pollution map see www.airnow.gov for ozone (O3) or particulate matter (PM). At <http://www.scorecard.org/> use your zip code to check health effects of pollution in your neighborhood. For Pollen/Mold Spore Counts <http://www.aaaai.org/nab/index.cfm?p=pollen>. For weather with barometric pressure, heat index, temperature, wind chill and wind direction: <http://weatherforyou.com/> type in your zip code. See what kind of mask may help you reduce exposure to your environmental challenges: www.icanbreathe.com/choosing.htm

For a few days, note what may be affecting you. For example, in Chicago, at noon, on a hot, humid day with wind direction SE, a mixture of sulfur dioxide, particulate matter, ozone, and mold at good to moderate levels could combine to sap energy and trigger runny nose or tightness in the chest. A brisk north wind may clear the air. A change in barometric pressure might make it hard to breathe.

Date									
Pollution O3 or PM									
Time									
Tempera- ture									
Heat index									
Wind chill									
Humidity									
Wind direction									
Barometer									
POLLENS: Trees									
Grass									
Weeds									
Molds									

Check or circle

-all symptoms such as: coughing, sneezing, wheezing, chest tightness, shortness of breath, clogged sinuses, migraine headache, smarting eyes, heartburn, acid reflux, clogged ears, ear ache, clogged nose, blurred vision, chills, fatigue, indecision ("mental fog"), disorientation, insomnia, anxiety, groggy, other:

-exposure to fragrances: air fresheners/room deodorizers; perfume/cologne (list brand name if known); fragrance personal care product such as shampoos and hair conditioners; deodorants, lotions, hair sprays and gels, shaving cream, foam or gel, after-shave lotion or cologne; anti-bacterial soap; detergents, dishwashing/laundry; fabric softeners, liquid/dryer sheets; carpet and upholstery shampoo.

-all recurring indoor factors: pesticides, disinfectants, cleanser, chlorine, dust, dander, mold, gas range, computer, fax, copier, stale air, second hand smoke, carpeting, roaches, news print, formaldehyde, fresh paint or varnish, musk, natural latex, indoor renovation (dust, mold), recycled air in closed buildings, other:

-all recurring local outdoor conditions: incinerator, construction, road repair, fire, barbecue, industry, expressway, airport, hot asphalt, dry cleaner, laundromat, hospital, gas station, blowing dust, other:

Keep track of circumstances (inside or outside, are you sedentary or exercising), and what you did to alleviate your symptoms: e.g. removed self from situation, put on a mask (what kind), took medication (be specific). Keep a record of medications, herbal remedies and food supplements.

Free access material, developed ©April 1996, revised September 23, 2015. Prepared by Adrien Bledstein, courtesy of www.ICanBreathe.com Air Filter Masks. Questions or comments, call 888-313-0123 or 773-643-1062 or [e-mail](mailto:).