

Controlling Asthma Triggers

Cockroaches	Dust Mites	Extremes in Temperature	Fungi	Medication	Outdoor Air Pollutants	Pets	Scents	Stress	Viral Infections
Vacuum all rooms	Use plastic or dust proof casings (hypo-allergenic) for mattresses and pillows	Cover nose and mouth when going outside in cold weather.	Clean moldy hard surfaces, (e.g., shower walls and curtains) using soapy warm water - absorbent materials such as ceiling tiles, may need to be replaced	Aspirin, Non-steroidal anti-inflammatory drugs (i.e. Ibuprofen), Beta-blockers (used to treat high blood pressure, heart disease, migraine headaches, and glaucoma).	Know which outdoor allergens (such as pollen, ragweed, grasses) and pollutants (such as ozone) are common in your region	Keep pets out of sleeping area or restrict them to one area of the home, such as outdoors or in the basement	Identify scents in paints, varnishes, perfumes, and soaps, household cleaners that may be triggers. Smoking, use of a wood or gas stove would be included in this category.	Emotional anxiety alone does not provoke an asthma attack; it does cause fatigue which does promote asthma attacks	Colds, pneumonia, sinusitis, and the flu can trigger an asthma attack
Cover foods or store in air tight containers	Wash bedding weekly in at least 130°F hot water	Stay indoors if extreme cold cannot be tolerated by covering nose and mouth.	Fix leaky plumbing and other sources of water damage	If you have asthma, consult your doctor before taking any of these medications	Know how to find outdoor allergen information or irritant levels, such as weather reports	Keep pets away from upholstered furniture, carpets, heavy drapes, and stuffed toys	Use unscented soaps, laundry detergents.	Get the proper amount of rest.	Get an annual flu shot.

Dispose of garbage	Vacuum carpets and upholstered furniture weekly (a HEPA filter may be helpful)	Stay indoors in air conditioning in heat waves.	Keep air conditioner pans clean and dry		Know what is a “bad day” for your child with asthma	Consider keeping pets outdoors or finding them a new home, if necessary	Avoid painting, staining in the home of those with asthma.	Maintain proper nutrition.	Consult your doctor immediately upon becoming ill
Repair leaking or dripping faucets	If possible, remove rugs or area carpet - Non-carpeted floors are desirable		Use exhaust fans or open windows while bathing, cooking, or using the dishwasher		Make sure your child takes extra asthma medicine before going outside on bad days	Be aware that cats top the charts in producing allergy symptoms	No one should smoke indoors.		
Clean right after eating	Maintain low indoor humidity (30-50%)		Maintain low indoor humidity - ideally between 30 - 50%		Keep your child inside if allergen or pollutant levels are high, close the windows, and use an air conditioner if you have one	Bathe pets once a week, if possible	Don't use a wood or gas-burning device indoors.		

Seal cracks and crevices in pantry and cabinets	Keep stuffed toys and animals off the bed		Do not use a vaporizer or humidifier to make steam in a room		Have your child wash his or her hands and hair and change clothes before bedtime to remove pollen if child was playing outside				
Clean crumbs, spills, or puddles of water or other liquids	Place books in containers, since they can accumulate dust				Check the weather to see what the ozone level will be for the day				
Try poisons baits (Boric acid for cockroaches) or traps before using sprays	Use blinds instead of curtains								

	<p>Use air-conditioning in the bedroom to keep out the humidity, pollen, and ragweed. (If you do not have air conditioning, frequent places that do, e.g., libraries, museums, shopping malls, or a relative or friend's home)</p>								
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