

Common Asthma Triggers... Control Strategies

Asthma 101™

What You Need To Know

Infections

- Wash hands often.
- Use paper towels during cold and flu season.
- Don't share cups, toothbrushes, towels, or tissues.
- Keep hands away from face.
- Get an influenza shot yearly.



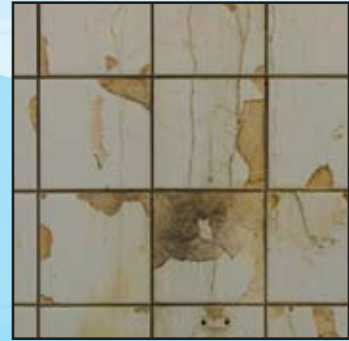
Smoke

- Quit smoking.
- Do not allow anyone to smoke in the house, garage, car, or near an open window.
- If you must smoke, wear the same jacket each time you smoke, and leave the jacket outside.
- Avoid wood smoke.



Mold

- Repair leaks.
- Clean visible mold with a stiff brush, hot water, and non-ammonia soap.
- Run the dehumidifier 24 hours a day and empty collection bucket daily.
- Use the exhaust fan in the bathroom when bathing and above the stove when cooking.
- Throw away moldy items.



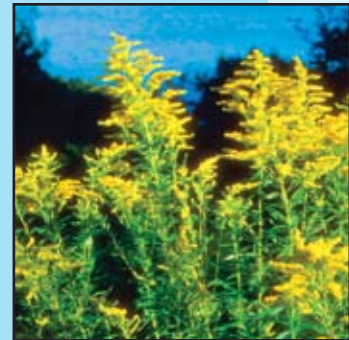
Animals

- Best option is to find a new home for family pets.
- If there is a pet in the home, keep pets out of bedrooms and keep bedroom doors closed.
- Keep pets off of furniture and beds.
- Vacuum and dust weekly.
- Take allergy medications, as prescribed.



Pollen

- Limit time outside during high pollen season.
- Keep windows closed and run air conditioner.
- Shower and wash hair before going to bed.
- Take allergy medications.
- Use air cleaner 24-hours-a-day in the bedroom.
- Monitor pollen index for your area.



Dust Mites

- Wash bedding weekly in hot water.
- Use pillow and mattress covers where the person with asthma sleeps.
- Do not sleep on upholstered furniture.
- Limit stuffed animals in child's bedroom.
- Vacuum and dust weekly.



Exercise

- Use reliever medication before exercise, if directed by health care provider.
- Warm up before and cool down after exercise.
- Monitor air quality.
- Only exercise outside when air quality is good.



Cockroaches

- Fix leaks.
- Store garbage in outside trash container.
- Put food away.



Strong Odors

- Avoid or limit use of perfumes, deodorants, hairsprays, cleaning products, chemicals, candles, and incense.
- Clean home when person with asthma is away, and ventilate before they return.



Emotions

- Strong emotions may bring on rapid breathing. This may cause asthma symptoms.
- The key to managing asthma when emotions are the trigger is to keep everyone calm.



Food

- Be aware of ingredients in processed and homemade foods.
- Common food allergies include peanuts and shellfish.

