



## **Asthma Triggers and How to Avoid Them**

### **Smoke/Odors**

- Avoid smoking in the home or car
- Avoid strenuous outdoor activity on poor air quality days
- Minimize exposure to cleaning solvents i.e. bleach or perfumes

### **Pets**

- If possible choose pets without fur or feathers i.e. fish
- Consider keeping pets outdoors or in certain cases finding a new home for your pet
- Keep pets off of upholstered furniture, beds, carpets and stuffed toys
- Bathe pets weekly

### **Mold**

- Control excessive moisture by keeping windows open in the kitchen and bathrooms
- Fix any leaking pipes or faucets promptly
- Clean mold and mildew with non-bleach cleaning products

### **Dust mites**

- Wash bedding in hot water every week
- Use 100% cotton sheets and blankets; avoid comforters
- Frequently wash stuffed toys and keep stuffed animals off of the bed
- Cover mattresses and pillows with dust proof/dust mite impermeable zippered covers

### **Dust**

- Clean surfaces with a damp cloth
- Vacuum carpets and upholstered furniture often (when asthmatic person is not at home)
- Consider installing tile or wood flooring and using blinds instead of drapes.

### **Pests**

- Prevent cockroach and rodent infestations by promptly cleaning up food spills and throwing out garbage
- Store food in airtight containers

### **Infection**

- Get an annual flu vaccine
- Wash hands frequently and avoid contact with people who are sick
- Do not share cups or utensils with others
- Eat nutritious foods, exercise and get plenty of rest
- Visit your doctor regularly to keep immunizations up to date

### **Other triggers**

- Food allergens
- High pollen index
- Weather changes
- Strong emotions