

COMMON ASTHMA TRIGGERS

and ways to avoid them

Dust



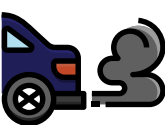
- DUST WEEKLY
- USE A DAMP MICROFIBER CLOTH TO DUST
- USE A VACUUM WITH A HEPA* FILTER

Pollen



- KEEP WINDOWS CLOSED DURING ALLERGY SEASON
- KEEP SHOES BY THE DOOR
- SHOWER AND CHANGE YOUR CLOTHES WHEN YOU GET HOME

Air Pollution



- CHECK AIR QUALITY DAILY
- KEEP HOUSE AND CAR WINDOWS CLOSED ON BAD AIR DAYS
- AVOID CAMPFIRES AND WOODBURNING STOVES

Mold



- USE THE BATHROOM EXHAUST FAN WHILE SHOWERING
- SCRUB MOLD WITH DETERGENT AND WATER
- FIX LEAKY FAUCETS

Tobacco Smoke



- VISIT WAYTOQUIT.ORG FOR INFORMATION ON QUITTING
- MAKE YOUR HOME A SMOKE FREE ZONE
- AVOID SECOND HAND SMOKE AND VAPING

Pets



- KEEP PETS OUT OF BEDROOMS
- WASH PETS REGULARLY
- USE A VACUUM WITH A HEPA* FILTER WEEKLY

Exercise



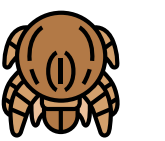
- KNOW THE AIR QUALITY BEFORE EXERCISING OUTSIDE
- USE YOUR RESCUE INHALER BEFORE PLAYING IF ADVISED BY YOUR DOCTOR
- WARM UP AND COOL DOWN WHEN EXERCISING

Pests: Cockroaches and Mice



- CLEAN FOOD SPILLS AND CRUMBS RIGHT AWAY
- USE BAIT TRAPS TO GET RID OF PESTS
- SEAL CRACKS IN CABINETS, WALLS, AND BASEBOARDS

Dust Mites



- USE ZIPPERED MATTRESS AND PILLOW COVERS
- WASH BEDDING IN HOT WATER WEEKLY
- USE A VACUUM WITH A HEPA* FILTER WEEKLY

Changes in Temperature



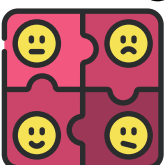
- COVER YOUR MOUTH AND NOSE WITH A SCARF IF IT'S COLD
- CHANGE FILTERS IN AC AND FURNACE REGULARLY
- USE THE AC IN SUMMER IF POSSIBLE

Strong Smells



- AVOID STRONG SMELLING HOUSEHOLD CLEANERS, PERFUMES, LOTIONS, PAINT, AND CANDLES
- CHOOSE CLEANING AND PERSONAL HYGIENE PRODUCTS THAT ARE FRAGRANCE FREE

Strong Emotions



- BE AWARE OF EMOTIONAL SITUATIONS THAT MAY BE A TRIGGER
- USE BREATHING EXERCISES TO RELAX IN STRESSFUL SITUATIONS

Respiratory Infections



- WASH YOUR HANDS REGULARLY
- ASK YOUR DOCTOR ABOUT A YEARLY FLU SHOT
- DON'T TOUCH YOUR EYES, NOSE, OR MOUTH