

Asthma Triggers

Second & Third Hand Smoke



Inhaling Smoke

Airway Infections



Strong Odors & Fumes



Kerosene Heaters

Weather Changes



Ways to Avoid Them

- Do not allow anyone to smoke in the home or car at any time.
- Do not stay in areas where there will be exposure to smoke.
- Help to quit smoking is at 1-800-QUIT-NOW (1-800-784-8669) or www.quitnownc.org.
- Avoid being near fireworks, outdoor burning, campfires or indoor log fires.

- Get your flu shot!**
- Wash hands before eating and after using the bathroom.
- Do not share eating utensils or drink after others.
- Keep away from others that are sick.

- Avoid strong odors such as perfumes, soaps, glues, paints and insect sprays.
- Do not use incense or aerosol sprays (Pam, air fresheners, deodorants, hair sprays or any other spray) in the house.
- Dilute cleaning products to decrease strong odors or clean when the person is not at home.
- Avoid chlorine smells of swimming pools.
- Air out a room after painting and use vent when cooking.
- If possible, do not use kerosene/oil or propane heaters.

- Cover nose and mouth with a scarf or coat collar when going outside on cold days.

Exercise Can Be a Trigger But Don't Avoid It!



- When asthma is well controlled, exercise should not be a trigger.
- Contact the doctor if exercise triggers trouble breathing or other asthma symptoms.

Asthma Triggers If allergic to any of these, here are ways to avoid them:

Dust mites



- Encase pillows and mattresses with mite or allergen-proof encasings.
- Wash sheets, pillowcases and blankets in hot water weekly.
- Damp mop or vacuum using a HEPA vacuum bag weekly. Dust with a damp cloth weekly.
- Wash stuffed animals weekly or place in the freezer overnight.

Cockroaches, rats & mice



- Block places where rats and mice can enter your home.
- Keep food in the kitchen and out of other rooms.
- Keep food in closed containers and keep garbage cans closed.
- Use roach traps to help get rid of cockroaches.
- Fix leaks to avoid moisture and dampness that attract roaches.

Animal Allergens



- With a cat allergy, it is the best to find the cat a new home.
- With a dog allergy, keep dog outside of the house or find it a new home.

Molds



- Fix leaky plumbing or roofs.
- Replace moldy shower curtains and clean bathrooms with bleach to kill the mold.
- Avoid areas where leaves are being blown.
- Avoid live plants in the house. Use an artificial Christmas tree.
- Do not use humidifiers

Pollen



- Keep windows/ doors closed all the time during the pollen season. Use air-conditioning to filter the air. A HEPA air filter is best.
- Avoid being outdoors when pollen count is high. Mid-day between 10 am and 2 pm may be best for being outside.
- Avoid grass mowing.
- Check the pollen count in the newspaper, on TV/radio or online.
- Bathing or showering after being outside may be helpful.