






Avoid Asthma Triggers In Your Home

Triggers	Ways to Avoid Triggers
 <p data-bbox="147 573 430 604">Secondhand Smoke</p>	<ul data-bbox="467 373 1398 510" style="list-style-type: none"> • Choose not to allow any cigarette smoke around your child. • Smoking outside still exposes your child to secondhand smoke when you enter your home • Do not smoke or allow smoking in the car.
 <p data-bbox="215 879 365 911">Dust Mites</p>	<ul data-bbox="467 657 1458 863" style="list-style-type: none"> • Wash sheets & blankets once a week in HOT water. • Cover mattresses and pillows with dust proof covers. • Choose washable stuffed toys for your child and wash them once a week in hot water, dry thoroughly. • Keep stuffed animals off the child's bed. • Dust your home once a week
 <p data-bbox="212 1169 370 1201">Pet Dander</p>	<ul data-bbox="467 978 1463 1146" style="list-style-type: none"> • Consider keeping pets outdoors or even finding a new home for your pet. • Keep pets out of the bedroom and other sleeping areas at all times. • Keep pets away from fabric-covered furniture, carpets and stuffed toys.
 <p data-bbox="142 1465 435 1497">Pests (Cockroaches)</p>	<ul data-bbox="467 1264 1479 1470" style="list-style-type: none"> • Do not leave food or garbage out. • Store food in airtight containers. • Clean all food crumbs or spilled liquids right away. • Use roach bait to trap roaches • If spray is necessary, be sure to spray when the child is not at home; air out the room for several hours afterward.
 <p data-bbox="256 1770 326 1801">Mold</p>	<ul data-bbox="467 1549 1409 1755" style="list-style-type: none"> • Wash mold off hard surfaces and dry completely. Ceiling tiles, carpet, and other materials with mold may need to be replaced. • Fix leaky plumbing or other sources of water immediately. • If possible use a dehumidifier in the home. • Vent clothes dryer to the outside of the home. • Maintain low indoor humidity, ideally 30-50% relative humidity.

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