## Avoid Asthma Triggers In Your Home

<table>
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<tr>
<th>Triggers</th>
<th>Ways to Avoid Triggers</th>
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| **Secondhand Smoke** | • 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. |
| **Dust Mites**    | • 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 |
| **Pet Dander**    | • 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. |
| **Pests (Cockroaches)** | • 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. |
| **Mold**          | • 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. |