

Breathe Easier: Avoiding Asthma Triggers

Tips for:



Your Home

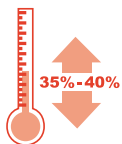


Outdoors



Your Pets

MOLD



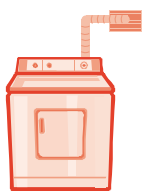
- Keep humidity between 35% and 40% in your home. You can buy a tool (hygrometer) at the hardware store to check the humidity level.



- Use a dehumidifier in damp areas.



- Clean mold with a solution of 1 part bleach and 10 parts water.



- Vent clothes dryer to outdoors.



- Limit plants in your home, and store firewood outside.



- Dry damp shoes and clothes before putting in closet.

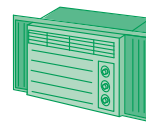


- Wear a face mask if you need to work outside.

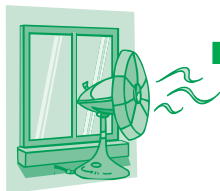
POLLEN



- Avoid outdoor activities between 5:00 and 10:00AM when pollen counts (in Illinois) are the highest.



- Close windows, and use air conditioning.



- Avoid window fans blowing into the room.



- Do not hang clothes outside to dry. Use the clothes dryer.



- Shower and wash hair after being outside so pollen will not get on your pillow.



- Place furnace filter in open window to help prevent pollen from coming inside.



- Wear a face mask if you need to work outside.

TOBACCO SMOKE



- Do not smoke in your home. Have family members and friends smoke outside and take off their shirts or jackets when they come back inside.

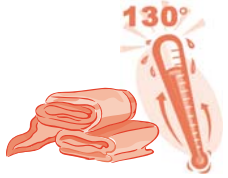


- Do not smoke or permit others to in the car.

DUST & DUST MITES



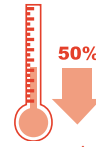
- Use allergen-proof covers for pillows, mattress, and box springs.



- Wash all linens (sheets, mattress pad, blankets, and bedspread) in hot water (130°) weekly.



- If not washable, place in sealed container and store in the closet when not in use.



- Keep humidity below 50%.



- Avoid heavy drapes, stuffed furniture, and carpet in bedroom.



- Cover vents in room with an air filter, or tape a few layers of cheesecloth over the vent.



- Use vacuum cleaners with “HEPA” air cleaner or filter or double-thickness bags.

COCKROACHES



- Eat only in the kitchen area.



- Keep food in sealed containers.



- Wash dishes and cookware after eating and preparing food.



- Repair leaks in plumbing, and wrap wet pipes.



- Set roach traps, and keep them away from small children and pets.



- Exterminate cockroach infestations.



- Fix cracks or other areas where cockroaches may enter your home.

PETS



- Remove furry pets from home, or keep them outside.



- Use a special air cleaner called a “HEPA” air cleaner or filter. This cleaner can help remove a substance in the air from pets that can make asthma worse.



- Keep your pet out of the bedroom.



- Washing your pets every 3 to 5 days may help.

