

# Things that can make your asthma worse!

## The Asthma Triggers Checklist

Allergy attacks can be triggered by several things around your home.

Please take the time to read this checklist and follow the suggestions for trigger-proofing your home.

### Allergy Trigger

### Trigger-Proofing Measure



#### Kitchen

- Mold or dust from refrigerator drip pan, cooling fan, or grill

- Clean refrigerator drip pan, cooling fan, and grill 3-4 times per year

#### Bathrooms

- Mold growth on damp, dark surfaces

- Clean bathrooms 3 times per week
- Use unscented cleaning products
- Use an exhaust fan

#### Living Room

- Dust in carpets

- Remove carpets from room
  - Use only low-pile carpets
  - Vacuum 2 times per week
    - Vacuum should have double bag and "high efficiency particulate air-filter" (HEPA) system

- Cigarette smoke
- Smoke from wood-burning fireplaces

- Smoking permitted outside home only
- Make sure fireplaces vent smoke properly

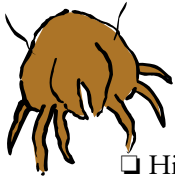
- Mold from houseplants and pots

- Convert to gas-burning fireplaces
- Remove houseplants
- Grow plants outside home
- Indoor plants should have ceramic (clay) pottery, not wicker pottery, which helps mold grow

#### Basement

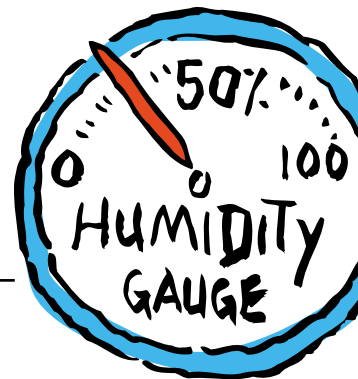
- Mold and dust on heating ducts

- Clean heating system yearly, before heating season
- Clean or change furnace air filters every month
  - Install electronic air filter
  - Install whole-house HEPA filter



- High humidity, such as provided by humidifiers (helps mold and dust mite growth)

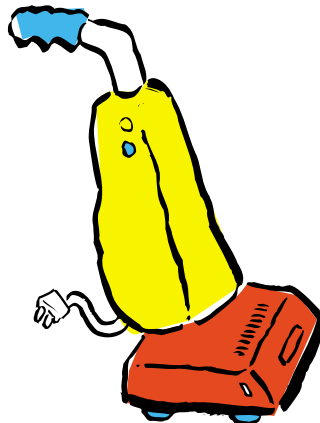
- Keep humidity in home less than 50%



#### Bedrooms

- Dust in carpet, on surfaces, in closets

- Remove carpets from room
  - Wet-mop floors weekly
  - Make sure throw rugs are washable and are washed in hot water weekly
- Use only low-pile carpets
- Vacuum 2 times per week
  - Vacuum should have double bag and HEPA system
- Remove dust-collecting items from room
  - Trophies and knickknacks should be removed or displayed in an enclosed case
- Clean out closet
  - Store clothes in a separate room



- ❑ Triggers unintentionally transported by pets



- ❑ Dust mites in bedding

- ❑ Keep pets out of bedroom
  - ❑ Consider removing pets from household
  - ❑ Keep pets outside home
  - ❑ Wash pets regularly, even cats
  - ❑ Keep fish tanks small. Large tanks increase the humidity of the air



- ❑ Encase pillows and mattresses in mite-proof materials
  - ❑ Wash bedding (pillow and mattress encasements, sheets and blankets) weekly in hot water
  - ❑ Do not use down comforters or feather pillows

- ❑ Keep windows closed
- ❑ Use air conditioner
  - ❑ Keep drip pan clean
  - ❑ Make sure that allergic person is not in room when first turning on air conditioner because dust and pollen accumulate in vents when not in use
- ❑ Use HEPA room air cleaner

- ❑ Do not install carpet in a room built on a concrete slab
  - ❑ Hardwood floors or linoleum should be used
  - ❑ Use dehumidifier

- ❑ Blinds should not be used
- ❑ Curtains that are light and washable should be used and washed in hot water weekly
  - ❑ Shades can be used as an alternative

- ❑ Avoid forced hot-air heating systems
  - ❑ Seal vents and replace with electronic heating system
  - ❑ Install hot-water radiant-heat system

- ❑ Keep lawn trimmed to 1 inch or less
  - ❑ Trim bushes and trees to reduce shade in which mold can grow



- ❑ Triggers entering through windows

Concrete-slab room

Dust from window coverings



Dust and mold-promoting heat from home heating system

Mold from outdoor landscaping

