

## How to protect your child from asthma triggers outside your home

By publisher

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**Diesel exhaust from cars, trucks and buses may trigger your child's asthma. Chemicals that kill insects can also trigger your child's asthma. These chemicals are known as pesticides. Watch out for pesticide spray signs at schools, community centers, subway stations and parks.**

- When there is a smog or air pollution alert, limit time spent outdoors, especially during the afternoon.
- In cold air, breathe through the nose while outdoors so air is warmed before reaching the lungs. On really cold days, put a scarf on your child's lower face to warm the air before he/she breathes in the cold air. Consider wearing a scarf around your face.
- Avoid dusty areas, such as attics and construction sites
- Avoid damp and possibly moldy places, such as basements
- Avoid areas with heavy air pollution, (diesel exhaust from cars, trucks & buses)
- Avoid areas with strong scents, such as fresh paint, cleaning products, tobacco smoke, etc.
- Avoid areas recently sprayed with pesticides or other harsh chemical treatments
- Do not dry clothes and bedding outdoors



Keep out

[up](#) [◀ Smoking: The chemicals found in cigarettes are also found in these other products!!](#)  
[Summary of Reducing Asthma Triggers](#) [▶](#)

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