

Summary of Reducing Asthma Triggers

By publisher

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- Asthma attacks are caused by ordinary things around us such as pollen, cigarette smoke, perfume, and dust. These things are also known as triggers because they trigger (cause) asthma attacks.
- There are two types of asthma triggers:
 - Allergic Triggers - set off an asthma attack in people who have allergies to those triggers.
 - Non-allergic Triggers – set off an asthma attack in anyone with asthma.
- Be a detective and find out what triggers your child’s asthma. After your child has an asthma attack:
 - Make a note of where your child was when the attack occurred
 - Go back to that spot to and look for any of the following triggers on Asthma Trigger Checklist
- Go through your home room by room and try to remove all asthma triggers from each room. Use the ABC: Home Trigger Removal Guide to help you know what to do in each room.
- When outside the home, avoid dusty, damp, heavy polluted areas.



Cleaning supplies

Printable Version Below



In Your Child's Bedroom

- ◻ Cover the bed mattress and pillows with vinyl covers.
- ◻ Wash blankets and sheets each week in hot water (130°F or hotter) to kill dust mites. Dry in a clothes dryer.
- ◻ Keep humidity low (between 30% & 50%) with a dehumidifier.
- ◻ Avoid stuffed animals except for ones that can be washed in hot water and tumble-dried or ones that can be put in the freezer once a month for 24 hours.
- ◻ Store toys, knickknacks and books in enclosed cases or chests.
- ◻ Remove carpets from the bedroom, if possible.
- ◻ Vacuum carpets every week. (Vacuum with a high-efficiency particulate air filter (HEPA) air filter.)
- ◻ Mop hardwood floors each week with a damp cloth to collect dust particles.
- ◻ Avoid ceiling fans.
- ◻ Clean filters in electric air purifiers, dehumidifiers and air conditioners weekly.
- ◻ Do not allow pets in the bedroom.

In the Bathroom (Molds & Mildews)

- ◻ Keep windows open and vent on when showering to prevent mold. Air out room after showering.

- ◻ Clean tubs, sinks and places where mold and mildew collect.
- ◻ Use a cleanser that has bleach to prevent mold and mildew. (Environmental friendly way?)

In the Kitchen (Cockroaches & Mice)

- ◻ Avoid leaving out food or garbage inside the home. (Clean-up all crumbs after cooking and eating.)
- ◻ Use plastic containers to hold cereal, rice, sugar and other foods that might attract cockroaches.
- ◻ Use poison baits or traps.
- ◻ Avoid chemical sprays and treatments unless they are done while you are away from home. (Of how much time?)

In the Home (Mites, Mice & Smoke)

- ◻ Reduce indoor humidity to less than 50% with a dehumidifier.
- ◻ Remove carpets, if possible.
- ◻ Vacuum carpets every week. (Vacuum with a high-efficiency particulate air filter (HEPA) air filter.)
- ◻ Mop hardwood floors each week with a damp cloth to collect dust particles.
- ◻ Find new homes for pets, if possible. It is the best way to get rid of animal dander. (newly) ◻ Keep pets away from carpets and upholstered furniture.
- ◻ Keep pets outdoors and wash it weekly (frequently).
- ◻ Clean air ducts for heating, ventilation and air conditioning.
- ◻ Avoid sleeping or lying on upholstered furniture. (newly)
- ◻ Hide holes where mice can enter closed. (druggery)
- ◻ Avoid smoking in the house. (Smoke leaves material on the walls, beds, clothes, etc. that can trigger asthma.)

- ◻ Avoid using strong-smelling products such as cleaning products, air-freshener sprays, incense and perfumes. (newly)
- ◻ Use air conditioning to avoid having to open windows, if possible.
- ◻ Avoid using wood-burning stoves and fireplaces.

Outside the Home

- ◻ When there is a smog or air pollution alert, limit time spent outdoors, especially during the afternoon.
- ◻ In cold air, breathe through your nose while outdoors so air is warmed before reaching the lungs. Consider wearing a scarf around your face.
- ◻ Avoid dusty areas, such as streets and construction sites.
- ◻ Avoid damp 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.

Treatment & Medications

- ◻ Ask your health-care provider about getting an annual flu shot.
- ◻ Treat cold symptoms and respiratory infections promptly.
- ◻ Consider skin or blood tests to help tell if you have allergy problems.
- ◻ Ask your health-care provider about a special treatment called immunotherapy to help with allergens that are hard to avoid.

ABC: Home Trigger Removal Guide

Attachment

[Parent Trigger Removal Guide by Rooms](#)

Size

76.62 KB

[< How to protect your child from asthma triggers outside your home](#)

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