

Breathe Easier:

Reduce Environmental Asthma Triggers



A Checklist of Steps you can take to make
your home friendly for children with asthma



Asthma Trigger Checklist

TRIGGERS IN THE HOME

Below are four common types of environmental triggers found in the home. These triggers can have an impact on the air inside your home, which can affect people who have Asthma.

DUST • MOLD • ODORS • FUMES • PETS

TRIGGER LIST BY ROOM

If a child with asthma lives in your home, do a room by room tour using the following checklist and see what you can do to reduce the number of asthma triggers in the home.

The asthma triggers shown here are not listed in order of importance. It is helpful to remove as many triggers as you can.

LIVING AREA

- Take shoes off at the door to reduce tracking dirt and moisture through the home
- Smoke outside of the home and make sure that nearby doors and windows are closed
- Have smokers use a smoking jacket or long sleeved shirt, leave it outside and wash it frequently
- Use exhaust fans or open windows when using cleaning products or painting
- Keep pets off furniture
- Keep pets outside the home
- Wash your cat or dog weekly
- Move large objects away from walls to increase air flow and circulation
- Check for mold growth in places where moisture collects, such as windows or house plants
- If possible, try to repair leaks as soon as they occur, to prevent mold growth
- Keep drip pans in the air conditioner clean and dry. Remove or reduce knick-knacks and other dust collectors
- Reduce or eliminate exposure to wood smoke

KITCHEN AREA

- Use cleaning products with limited or no odor & scent
- Avoid the use of chemical products like bug spray if possible. If use is necessary, circulate fresh air in the room after spraying
- Use exhaust fans or open windows when cooking, using the dishwasher, or cleaning
- Mop hard surface floors once a week
- Wash throw rugs weekly
- Keep drip pans in the refrigerator clean and dry
- Check for mold growth in places where moisture may collect
- Move large objects away from the walls to increase air flow and circulation



MORE TRIGGERS IN THE HOME



The asthma triggers shown here are not listed in order of importance. It is helpful to remove as many triggers as you can.

BEDROOM

- Keep stuffed animals off the bed
- Remove stuffed animals from the bedroom
- Wash and dry washable toys
- Avoid using perfume, cologne, or other fragrant body products
- Smoke outside of the home with nearby doors and windows closed
- Keep pets out of the bedroom
- Keep pets outside of the home
- Wash sheets and blankets once a week in hot water
- Remove down-filled pillows, quilts, or comforters from bedrooms
- Remove or reduce knick-knacks and other dust collectors
- Move large objects away from walls to increase air flow and circulation
- Check for mold growth in places where moisture collects, such as windows or closets
- Wash throw rugs weekly

BATHROOM

- Use exhaust fans or open windows when showering or using cleaning products
- Check for mold growth in places where moisture collects, such as windows or shower curtain
- Use cleaning products with limited or no odor and scent
- Avoid using perfume, cologne, or other fragrant body products
- Mop hard surface floors once a week



We do not know why some people have asthma, but we do know that "triggers" can cause an asthma attack. Though asthma triggers are different for each person, there are some very common triggers found in many homes.

ASTHMA TRIGGERS

Asthma triggers are allergens and irritants, that when breathed in, may cause lungs to react badly. Triggers can make asthma attacks happen more often. Triggers can also make it more difficult to manage the way asthma makes you feel each day.

DO SOMETHING ABOUT TRIGGERS!

Health care professionals can help you find ways to better manage asthma, but there are also many things you can do on your own that make a difference.

SHARE THE NEWS

If you found this information helpful, please share it with someone who has asthma.

Not all of the asthma triggers listed in this brochure affect every person with asthma. Not all asthma triggers are listed here. See your doctor or a health care professional for more information and guidance to manage asthma.

Thurston County Public Health & Social Services Department

412 Lilly Rd. NE - Olympia, WA 98506

Phone: 360-867-2674 - Fax: 360-867-2601

TTD/TDD: 711 or 1-800-833-6388

<http://www.co.thurston.wa.us/health/steps>

ADDITIONAL RESOURCES

If you have a child with asthma and would like information about a more in-depth removal of indoor environmental asthma triggers, call for a **Master Home Environmentalist HEAL™** assessment or a **Do-It-Yourself HEAL™** packet from Thurston County Public Health & Social Services Department: 360-867-2674.

To get more information on cleaning, controlling, and removing mold contact Thurston County Public Health & Social Services: 360-867-2674

For more information about this brochure or the *Steps to a HealthierUS Project*, contact the project manager at 360-867-2674.

Call the Washington State Tobacco Quit Line for help to stop smoking: 1-877-270-7867.



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