# Asthma Triggers

**Done** | **Needed** | **Things you can do to remove asthma triggers from your home.**
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**Smoke** | [ ] | Do not smoke. Attend classes to help stop smoking.
| [ ] | Do not allow smoking in the home or car.
| [ ] | If you smoke, smoke outside.
**Dust** | [ ] | Vacuum weekly with high efficiency filter or central vacuum. Make sure people with asthma are not home when vacuuming.
| [ ] | Remove carpet if possible. Wet before removing and then dry floor completely.
| [ ] | Damp mop floors weekly.
| [ ] | Wash bedding and stuffed toys in hot water every 1-2 weeks.
| [ ] | Cover mattresses and pillows in dust proof zippered covers.
| [ ] | Reduce clutter and remove stuffed animals.
| [ ] | Replace heating system filters regularly.
**Pests** | [ ] | Do not leave food or garbage out. Store food in airtight containers.
| [ ] | Try using poison baits, such as boric acid for cockroaches. Instead of sprays/bombs, use baits placed away from children, such as behind refrigerator.
| [ ] | Vacuum up cockroach bodies and fill holes in with copper wool.
| [ ] | Fix leaky plumbing/roof or other sources of water.
**Mold** | [ ] | Use an exhaust fans or open windows for cross ventilation when showering or cooking.
| [ ] | Clean mold off hard surfaces with 10% bleach, then water and detergent and dry completely. Absorbent materials with mold may need to be replaced.
| [ ] | Fix leaky plumbing or other sources of water or moisture.
**Animals** | [ ] | Consider not having pets. Keep pets out of your child’s bedroom.
| [ ] | Wash your and your child’s hands after petting animals.
**Odors/Sprays/Irritants** | [ ] | Avoid using strongly scented products, such as home deodorizers and incense, laundry products and perfumed personal care products.
| [ ] | Do not use stove for heating.
| [ ] | Avoid smoke from wood-burning stoves and fireplaces.
| [ ] | When cleaning, keep child away and don’t use strong smelling cleansers, including full strength bleach.
### ASTHMA TRIGGERS

**Good Job**  | **Needed**  | **Things to do to remove asthma triggers from your home**

<table>
<thead>
<tr>
<th>POLLEN &amp; OUTDOOR MOLDS</th>
<th>☐</th>
<th>☑</th>
<th>Try to stay indoors when pollen and mold counts are high. Keep windows closed during pollen season. Avoid using fans; use air conditioners.</th>
</tr>
</thead>
<tbody>
<tr>
<td>COLDs, FLU, INFECTIONS</td>
<td>☐</td>
<td>☑</td>
<td>Keep your body healthy with enough exercise and sleep. Avoid close contact with people who have colds. Get a flu shot.</td>
</tr>
<tr>
<td>WEATHER and AIR POLLUTION</td>
<td>☐</td>
<td>☑</td>
<td>If cold air is a problem, try breathing through your nose rather than your mouth and covering up with a scarf. Check for Spare the Air days and nights and avoid strenuous exercise. On very bad pollution days, stay indoors with windows closed.</td>
</tr>
<tr>
<td>EXERCISE</td>
<td>☐</td>
<td>☑</td>
<td>Warm up before exercising. Plan alternate indoor activities on high pollen days. If directed by physician, take medication before exercise.</td>
</tr>
</tbody>
</table>

Triggers may make your asthma worse and should be avoided.

Compiled by the Regional Asthma Management & Prevention Initiative (RAMP), Alameda County Department of Health, American Lung Association of the East Bay.