

Asthma Triggers in Your Home

FACT SHEET

What is Asthma?

Asthma is a very common disease among children, teens and adults. It is a disease that causes the airways of the lungs to tighten and swell. Asthma symptoms include trouble breathing, wheezing, coughing and chest tightness. Asthma cannot be cured, but it can be controlled.

What Causes Asthma?

Things that cause asthma attacks are called triggers. Exercise, colds, and air pollution can trigger asthma. Other asthma triggers may be found in your home.

Asthma Triggers in Your Home:



Tobacco Smoke

Asthma can be triggered by smoke from the burning end of a cigarette, cigar or pipe. Asthma can also be triggered by the smoke breathed out by a smoker.



Dust Mites

Dust mites are tiny bugs you can't see. Dust mites live in bed sheets, blankets, pillows, mattresses, soft furniture, carpets and stuffed toys.



Mold & Mildew

Mold and mildew grow on damp things such as shower curtains, bath toys, tubs, basins and tiles. Leaky plumbing and roof leaks cause dampness, which can cause mold to grow in your home.



Cockroaches

Cockroach droppings and body parts may trigger asthma attacks.



Furry Pets

The skin flakes and saliva of furry pets like cats and dogs can trigger asthma.

What can you do?

Turn this sheet over and follow the directions on the Asthma Triggers Checklist.

Want more information?

Visit www.HealthyMS.com/asthma/triggers; or call Lesley Guyot, Asthma Coalition of Mississippi Coordinator, at 601-206-5810.

Asthma Triggers in Your Home

CHECKLIST

Protect your child who has asthma. Follow this checklist to find and remove asthma triggers in your home that may make your child's asthma worse.

Asthma Can Be Triggered By:



Tobacco Smoke

What can you do?

- Don't smoke in your home.
- Don't smoke in your car.
- Don't let anyone smoke near your child.

Done



Dust Mites

What can you do?

- Wash bed sheets and blankets once a week.
- Use dust-proof covers on pillows and mattresses.
- Wash and dry stuffed toys.



Mold & Mildew

What can you do?

- Fix leaky plumbing and roof leaks as soon as you can.
- If you see mold, clean it up with soap and water.
- Dry damp items within 1-2 days to avoid mold growth.



Cockroaches

What can you do?

- Keep counters, sinks, tables and floors clean.
- Clean dishes, crumbs and spills.
- Cover trash cans.



Furry Pets

What can you do?

- Keep pets outside.
- Keep pets out of your child's bedroom.
- Vacuum carpets and furniture often.

Source: Environmental Protection Agency (EPA)

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