

Triggers: What can I do to reduce them?

Dust and Dust Mites

- Clean with damp cloth
- Regularly vacuum to remove dust— wear a mask if you have asthma
- Buy non-upholstered furniture if at all possible
- Wash bed linens in HOT water once a week
- Cover mattress and pillows with dust-proof zippered covers
- Clean air vents regularly
- Remove stuffed toys from bedroom
- Use a HEPA filter



Exercise

- Take your quick-relief medication 5-15 minutes before exercise
- Warm up 15 minutes before any strenuous activity



Infections

- Wash your hands often
- Eat healthy foods, exercise and get rest
- Get your yearly flu shot



Mold

- Check regularly for leaks around sink areas. Repair immediately any leaks to prevent mold-clean any moldy surfaces
- Remove plants
- Use bathroom vent when bathing or showering
- Keep humidity below 40%



Pets

- Do not allow cats or dogs to sleep in the child's bed or bedroom or keep pet outdoors
- Choose a pet without feathers or fur



Pests (cockroaches and rodents)

- Store uneaten foods in refrigerator or sealed containers
- Empty trash cans every day
- Do not leave food or garbage out
- Clean all food crumbs or spilled liquids immediately
- Use baits, avoid any sprays



Pollens

- Limit your outdoor activities when pollen counts are high
- Keep windows closed during high pollen season and use central air conditioning with a HEPA filter
- Take your allergy medications as your provider indicates
- Change and wash clothes worn during outdoor activities
- Bathe and wash hair after outdoor activities



Smoke and Strong Odors

- No smoking inside or outside of the home
- Avoid strenuous outdoor activity on poor air quality days
- Remove or reduce cleaning products with strong odors
- Uses exhaust fan when cooking
- Reduce odors from perfumes and hair products

