

Asthma Triggers at Home

Second Hand Smoke

Tobacco smoke can trigger an asthma attack.

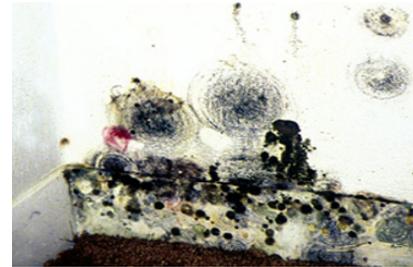
- If you smoke, ask your doctor or pharmacist for help quitting.
- Do not allow smoking in your home or car.
- Utah resources to help people quit smoking include:
 - » Utah Tobacco Quit Line: 1.888.567.TRUTH (8788) – A free telephone based service to help people quit tobacco.
 - » Utah QuitNet: www.utahquitnet.com – A free internet based service to help people quit tobacco.



Mold

Mold can be an asthma trigger. To help control mold in the home:

- Reduce moisture.
- Clean water spills and leaks within 24-48 hours.
- Use fans or open a window when showering or cooking.
- Fix water leaks in pipes, the roof, and other places.



Pets

Pets' dander, urine, feces, and saliva can cause allergic reactions.

- Find a new home for your pet. If that is not an option:
 - » Keep pets out of bedrooms.
 - » Keep bedroom doors closed.
 - » Remove upholstered (fabric covered) furniture and carpet or at least keep pets off the furniture and carpet.



Gas Stoves and Other Appliances

Unvented gas stoves and appliances can increase indoor levels of nitrogen dioxide (NO₂). NO₂ can increase respiratory symptoms.

- Avoid exposure to gas stoves and appliances that are not vented to the outside.

Pests and Pesticides

Pests include mice, cockroaches, and other insects or unwanted animals. Droppings and body parts of pests can be asthma triggers.

- Keep your house clean. Put food away quickly and don't leave garbage out.
- Practice Integrated Pest Management
 - » Don't attract pests – Put food away, fix water leaks, and get rid of hiding places for pests like cardboard boxes.
 - » Keep them out – Don't let pests inside your home. Fix cracks and other openings to the outside.
 - » If you have pests, get rid of them in the safest, most effective way.
- Use baits and traps over other types of chemical agents (the chemicals can be irritating to a person with asthma).

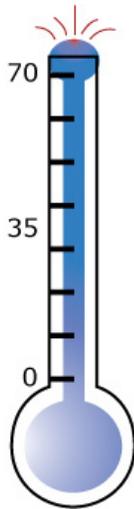


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Air Pollution and Pollen

Air pollution and pollen can cause asthma symptoms.

- Stay inside when pollen counts are high. Close the windows and use the air conditioner.
- Avoid exercising outside when air quality is poor. Check the hourly air quality levels at www.airquality.utah.gov.



Dust mites

Dust mites are tiny insects found in house dust. Dust mites can be an asthma trigger.

- Use pillow and mattress allergen-impermeable (dust proof) covers.
- Wash sheets and blankets once a week in hot water (over 130 degrees F). Reduce the number of stuffed toys and wash them weekly.
- Keep indoor humidity low (below 60%).
- Remove carpets from the bedroom and any carpeting that is laid directly on concrete.
- Don't sleep or lie on upholstered (fabric-covered) furniture.

Other

- Avoid fumes from wood burning appliances or fireplaces.
- Avoid strong odors and fumes (including perfume).
- Vacuum once or twice a week to reduce dust.
 - » If you are sensitive to dust, stay out of rooms being vacuumed and ask someone else to vacuum. If you do vacuum, use a dust mask, a central vacuum with the cleaning bag outside the house, or vacuum with a HEPA filter or double bag.
- Avoid Volatile Organic Compounds (VOCs) which can come from new carpets, particle board, furniture, and fresh paint.

More information:

- www.health.utah.gov/asthma
- www.health.utah.gov/enviroepi
- www.cdc.gov/nceh/lead/healthyhomes
- www.epa.gov/asthma/triggers



Sources

- National Heart, Lung, and Blood Institute Guidelines for Diagnosis and Management of Asthma (EPR-3)
- Environmental Protection Agency



Utah communities working together to improve the quality of life for people with asthma.