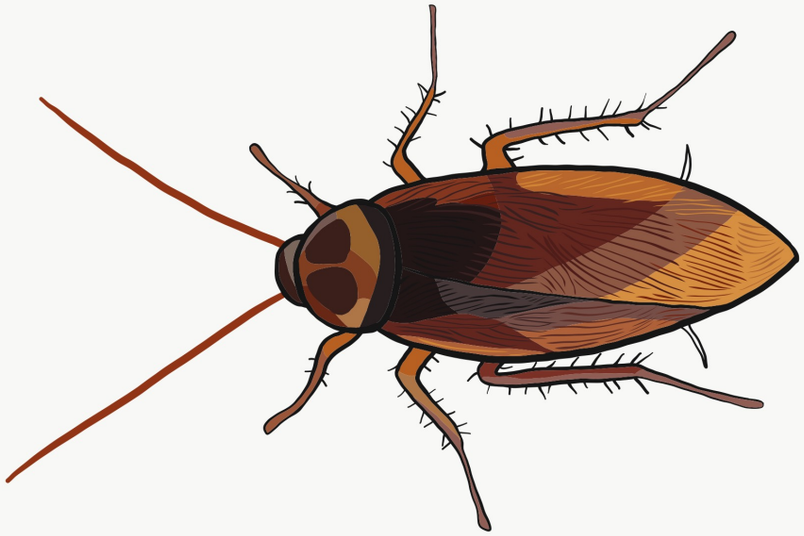
Do you know cockroaches and other pests can trigger asthma?



Limit your exposure!

1. 

Pesticides are toxic to pests and can also affect people! Follow label instructions every time.

2. 

Keep a clean home. Clear clutter from counters, sinks, tables, and floors. Wash dishes and remove crumbs and spills promptly. Store food in airtight containers.

3. 

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know chemical irritants can trigger asthma?



Limit your exposure!

1. 

Always follow the product label. Pick effective products with the smallest possible amount of toxic ingredients.

2. 

If asthma symptoms worsen when you use a product, consider trying alternatives.

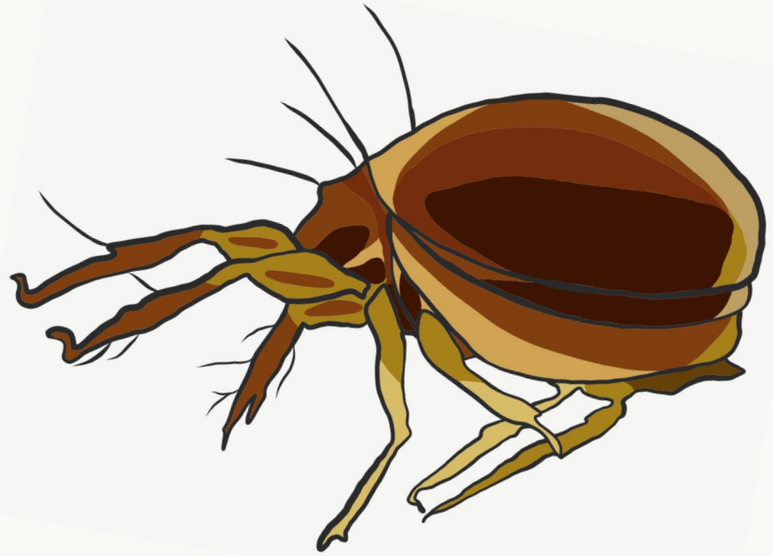
3. 

If you must use a product, open windows and doors and run exhaust fans to improve ventilation.

4. 

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know dust mites can trigger asthma?



Limit your exposure!

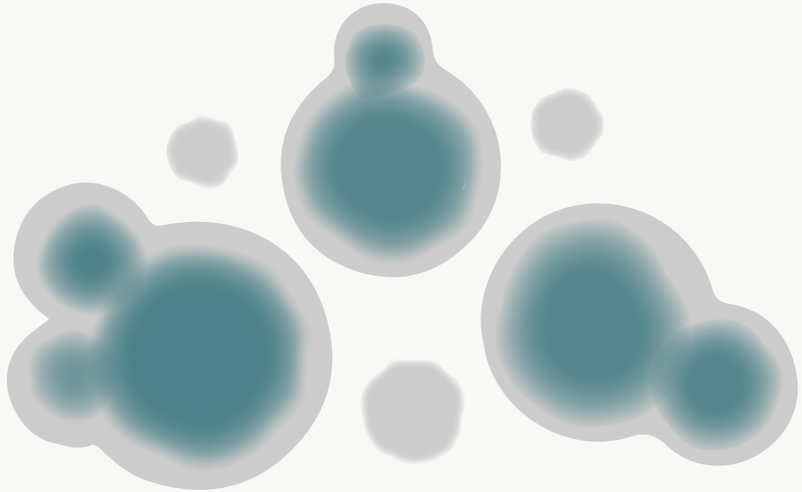
1. Put dustproof covers on pillows and mattresses. Wash bedding weekly and dry it completely.

2. Reduce dust at home by dusting often with a damp cloth and using a HEPA-filter vacuum.

3. Choose washable stuffed toys for children, then wash and dry them thoroughly.

4. With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know mold can trigger asthma?



Limit your exposure!

1. 

If mold is a problem at home, clean it up and remove moisture sources.

2. 

To prevent mold, clean and dry damp or wet building materials and furnishings within 24-48 hours.

3. 

Keep indoor humidity low (30-50%). You can measure it with a hygrometer, available at hardware stores.

4. 

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know pet dander can trigger asthma?



Limit your exposure!

1. 

For people allergic to animals, keeping pets out of the home is the most effective way to control animal allergens.

2. 

If you cannot remove the pet, measures such as keeping pets outside or away from sleeping areas, upholstered furniture, and carpets can help reduce allergens.

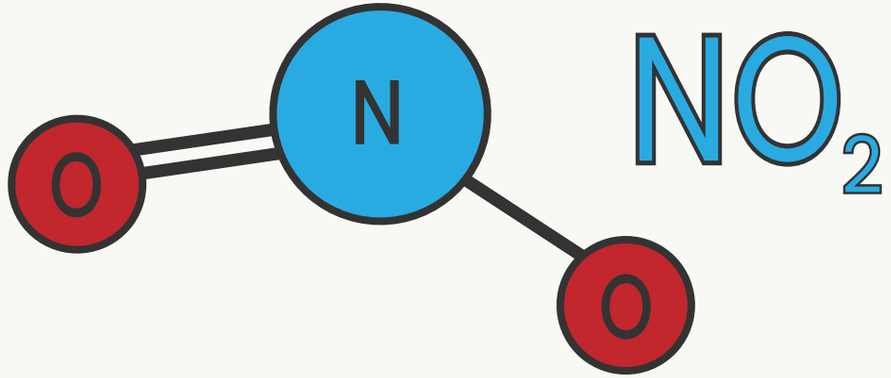
3. 

Vacuum carpets and furniture with a HEPA-filter vacuum while the person with asthma is away. Use a HEPA-filter air cleaner as well.

4.  

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know nitrogen dioxide can trigger asthma?



Limit your exposure!

1. 

For a gas cooking stove, run the exhaust fan while cooking. Never use the stove to warm yourself or heat your home.

2. 

Use only fuel-burning appliances that vent outdoors.

3. 

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know outdoor air pollution can trigger asthma?



Limit your exposure!

1. AirNow

Check the Air Quality Index (AQI) in local weather reports or at epa.gov/airnow to stay updated on air quality.

2.

Consider planning outdoor activities when air quality is better. During summer, that may be in the morning.

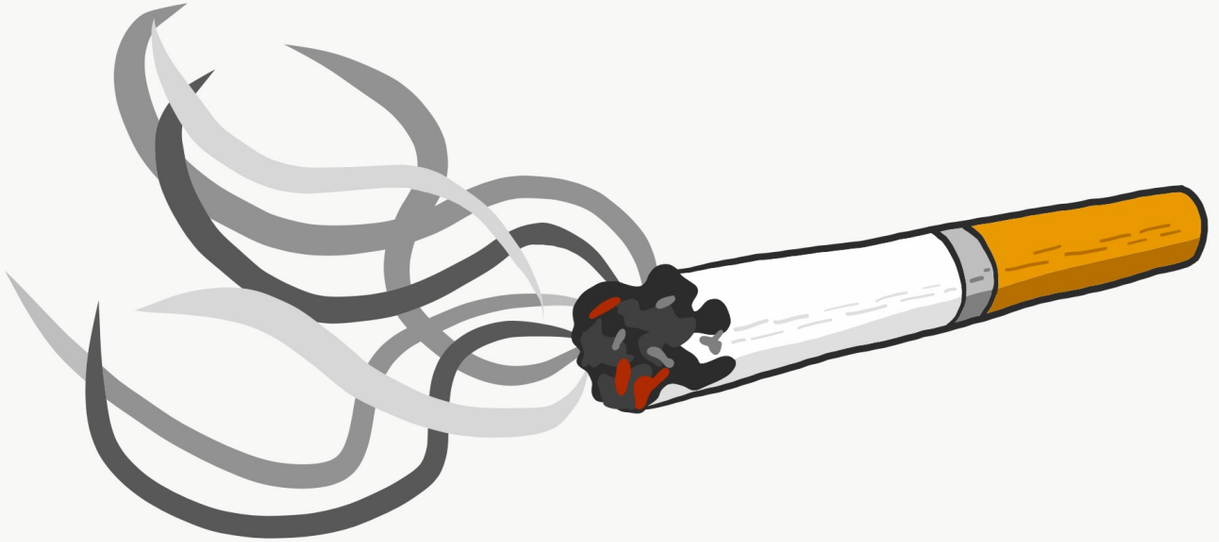
3.

Stay indoors with windows shut when pollen or pollutant levels are high.

4.

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know secondhand smoke can trigger asthma?



Limit your exposure!

1. 

The only way to eliminate secondhand smoke is to prohibit smoking inside your home or car.

2. 

If someone at home smokes, urge them to smoke outside until they can stop.

3. 

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

Do you know wood smoke can trigger asthma?



Limit your exposure!

1. 

Choose an EPA-certified heating appliance to replace your wood stove. New wood stoves are more efficient and produce less pollution than older models.

2. 

Have a certified professional inspect your stove and chimney yearly to remove creosote buildup and ensure they have no cracks or drafts.

3. 

Burn dry wood that has been split, stacked, covered, and stored for 6 months or longer.

4.  

With a healthcare provider, identify your asthma triggers and build an asthma action plan to reduce them at home.

EPA

epa.gov/asthma