



CINCINNATI HEALTH DEPARTMENT
SCHOOL HEALTH PROGRAM

REDUCING ASTHMA TRIGGERS IN YOUR HOME

What are asthma triggers?

Asthma triggers are things that cause an asthma attack. People respond differently to different triggers.

Below is a list of common asthma triggers found in the home. Some may affect your child and others may not, but all of them are considered asthma triggers.

- Dust Mites (tiny bugs in your home, especially in cloth and carpet, that you cannot see)
- Molds
- Roaches
- Pets
- Cold air or extremes of temperature
- Strong odors and sprays
- Exercise, work, & strenuous play
- Illness like flu
- Food allergies
- Tobacco smoke
- Other medicines

How to decrease asthma triggers:

- Have your child wash his or her face and hands, and hair if possible, before going to bed every night to remove allergens.
- Wash bed linens and blankets weekly in hot water. Wash curtains and/or blinds once a month. If possible put your child's mattress and pillow in plastic or vinyl covers that close with a zipper.
- Don't let your child sleep with stuffed animals in the bed.
- Keep your child away from pets who may carry pollen in their fur. Especially keep all pets out of your child's bedroom and where they sleep. If your child does play with a pet, have the child wash their hands immediately after touching the animal. Wash your pet weekly.
- Dust, vacuum, or damp mop daily so pollen or dust does not build up. It's best to clean when your child is out of the house or the room.
- If possible remove the carpet from your child's room or sleep area.
- Keep your child indoors on windy days and when pollen or mold counts are highest.
- Change furnace filters and clean vents regularly.
- Clean bathrooms and kitchen with a half-strength bleach solution or mold-killing product.
- Have your child stay away from recently cut grass or raked leaves.

- Keep windows closed and use an air conditioner if possible.
- Use a dehumidifier in your child's room and empty the pan daily. Do not use a vaporizer.
- Avoid houseplants or at least change the soil frequently.
- Do not allow anyone to smoke in your home, car or around your child.
- Have leaky faucets or other water leaks repaired.
- Keep counters and floors free of food crumbs to reduce roaches.
- Avoid clutter or having piles or stacks of papers.
- Do not use foggers, bombs or roach sprays.
- Use boric acid powder (Like Roach Prufe) or roach bait stations (like Combat).
- Avoid burning scented candles, incense, or wood.
- Avoid any strong odors like perfume, cologne, paints, and cleaning products.
- Have your child warm up 10 minutes before exercise. If your child has symptoms ask the doctor about using their inhaler before sports or exercise.
- Have your child get a flu shot each fall (autumn).
- Avoid any foods that seem to bother your child.
- Have your child wear a hat, and a scarf around their nose and mouth, in cold weather.
- Make sure your doctor knows about all the medicine your child uses even over-the-counter.

Our goal is to:

- *To help you better control your child's asthma so your child has fewer asthma attacks.*
- *Help your child get rid of the symptoms of asthma so that important time in school is not lost.*

Remember - School is the Door to Your Child's Future.