

Association of Asthma Educators: Becoming an Asthma Educator and Care Manager

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Video Communications and Distance Learning Division

Control of Environmental Factors Contributing to Asthma

Faculty

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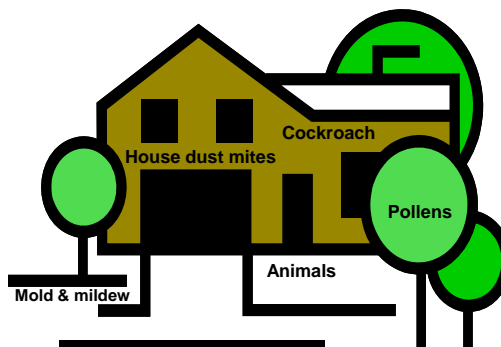
Control of Environmental Factors

- Allergens
- Irritants

Allergens

- Dust mites/cockroaches
- Animals/pet dander
- Pollens
 - Grass, tree, weed
- Mold spores
- Foods

Indoor/Outdoor Allergens



House Dust Mite Control Measures

- Encase pillows and mattress in allergen proof encasings
- Wash bedding weekly at $\geq 130F$
- Reduce clutter in bedroom
- Avoid upholstered furniture
- Reduce indoor humidity
- Remove carpeting

Cockroach Control Measures

- Eliminate food source
 - Meticulous cleaning and air tight food storage
- Eliminate moisture
 - Repair leaks, wrap and improve ventilation
- Place large bait traps in kitchen and bathroom

Control of Animal Allergens

- Remove furry or feathered animals from the home
- Keep animals out of the bedroom
- Use HEPA air filter
- Apply filter to vents to bedroom

Control Measures for Pollen

- Pollen counts
 - Geographically specific
- Air-conditioning
 - Keeps pollen out
 - Cleans and dries the air

Control Measures for Pollen

- Dry clothing in dryer, not outdoors
- Shower/shampoo after working and playing outdoors

Track Your Local Pollen Counts

- National Allergy Bureau
 - www.aaaai.org/nab
 - Receive automatic email alerts with pollen and spore levels from locations you select

Control Measures for Mold

- Clean up the mold and eliminate sources of moisture
- Wash mold off hard surfaces using soap and water, dry completely
 - Absorbent materials, such as ceiling tiles and carpet, may have to be replaced if they are contaminated with mold

Control Measures for Mold

- Fix leaky plumbing or other sources of water
- Keep drip pans in your air conditioner, refrigerator and dehumidifier clean and dry

Control Measures for Mold

- Use exhaust fans or open windows in kitchens and bathrooms when showering, cooking or using the dishwasher
- Vent clothes dryers to the outside
- Maintain low indoor humidity, ideally between 30-50% relative humidity

www.EPA.gov/mold/moldresources.gov

Irritants

- Key to control is minimization and/or avoidance

Irritants

- Strong odors
- Air pollution
- Tobacco smoke
- Wood smoke

**Control Measures for
Cigarette Smoke**

- Ultimate goal is tobacco cessation
 - QuitLine™
 - 1-800-QUIT-NOW

**Key Education Messages
Provided by Clinician**