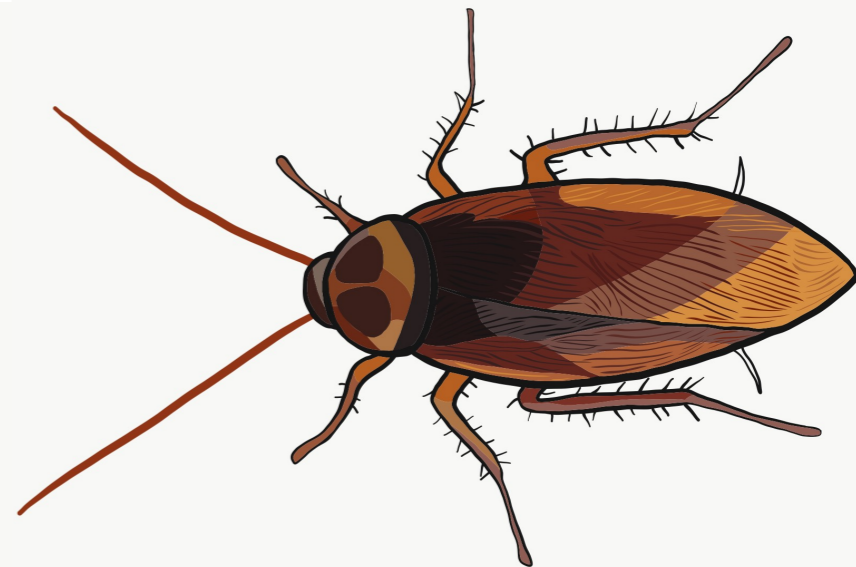


# Did you know cockroaches and other pests are an asthma trigger?



Reduce your exposure!

1.



Pesticides are not only toxic to pests—they can affect people too! Always follow label directions.

2.



Keep your home clean. Remove clutter from counters, sinks, tables, and floors. Clean dishes, crumbs, and spills right away, and store food in airtight containers.

3.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **chemical irritants** are an asthma trigger?



Reduce your exposure!



Always follow instructions on the product label. Use products that are effective with the least amount of toxic ingredients possible.



If your asthma symptoms get worse when you use a particular product, consider trying different products.

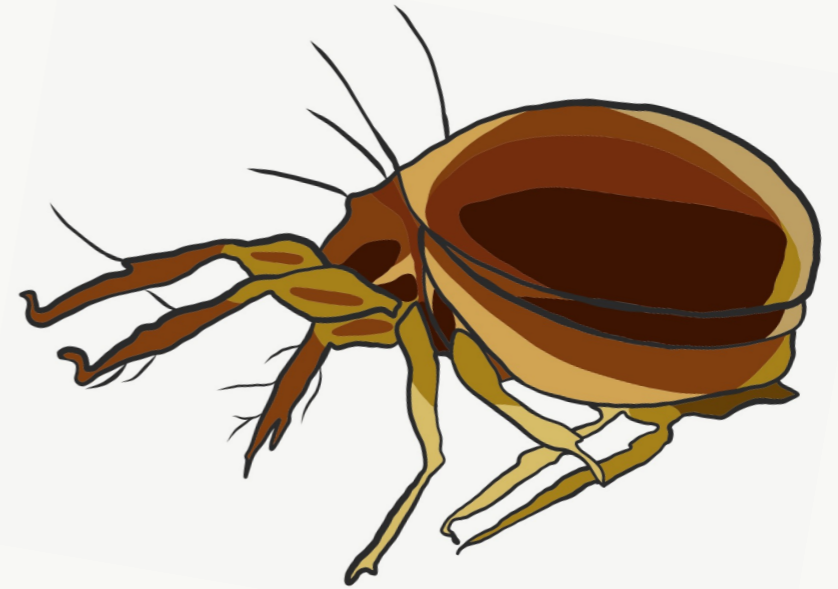


If you must use a particular product, ventilate with open windows, doors, exhaust fans.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **dust mites** are an asthma trigger?



## Reduce your exposure!

1.



Use dust proof covers on pillows and mattresses. Wash bedding in hot water and dry completely once a week.

2.



Reduce household dust by dusting often with a damp cloth and using a vacuum with a HEPA filter.

3.



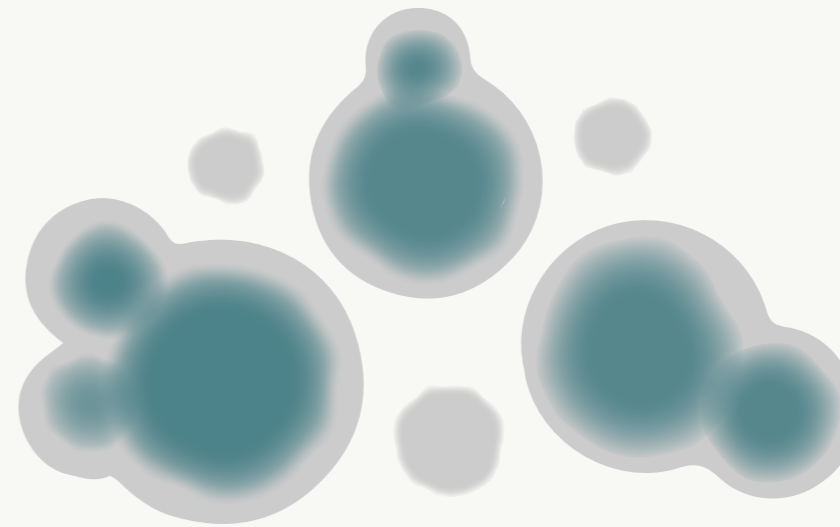
Choose stuffed toys for children that can be washed. Wash in hot water and dry completely.

4.

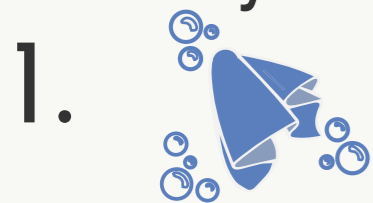


Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **mold** is an asthma trigger?



## Reduce your exposure!



If mold is a problem in your home, clean it up and eliminate sources of moisture.



Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold.



Maintain low indoor humidity (between 30-50%). Humidity levels can be measured by hygrometers, available at hardware stores.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **pet dander** is an asthma trigger?



## Reduce your exposure!

1.



If you are allergic to animals, the most effective method to control animal allergens is to not allow pets in your home.

2.



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

3.



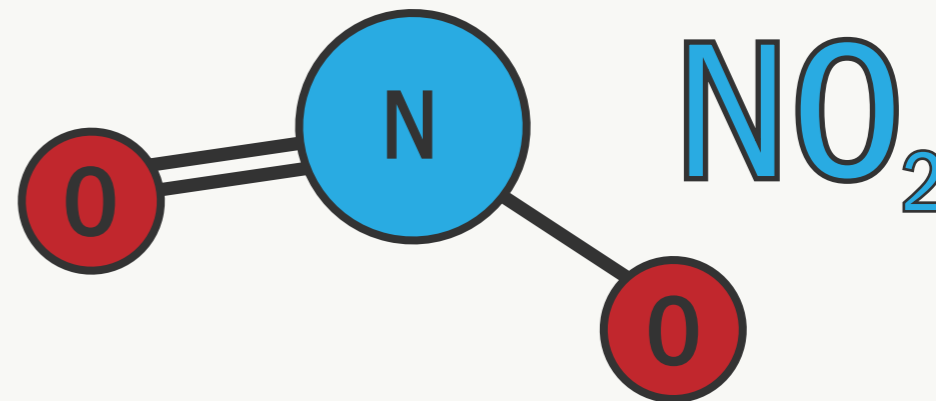
Vacuum carpets and furniture using a vacuum with a HEPA filter when the person with asthma is not around. Use an air cleaner with a HEPA filter.

4.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **nitrogen dioxide** is an asthma trigger?



Reduce your exposure!

1.



If you have a gas cooking stove, use the exhaust fan when you cook. Never use the stove to keep you warm or heat your house.

2.



Use fuel-burning appliances that are vented to the outdoors. If you use an unvented fuel-burning heater, use the correct fuel and follow the instructions. Open a window and use an exhaust fan when using the heater.

3.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **outdoor air pollution** is an asthma trigger?



## Reduce your exposure!



Stay informed about air quality by checking the Air Quality Index (AQI) on local weather reports or at [epa.gov/airnow](http://epa.gov/airnow).



Consider scheduling outdoor activities at times when air quality is better. In the summer, this may be in the morning.

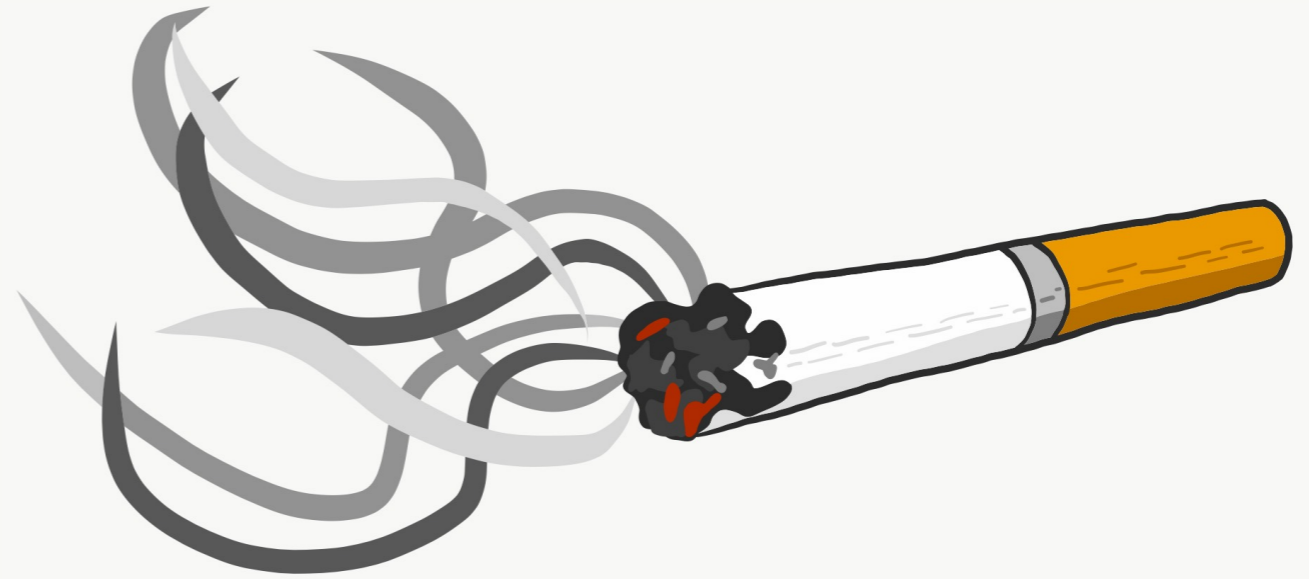


Stay inside with windows closed on high pollen days and when pollutants are high.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

# Did you know **secondhand smoke** is an asthma trigger?



## Reduce your exposure!

1.



Not allowing smoking inside of your home or car is the only way to eliminate secondhand smoke.

2.



If someone in your home smokes, encourage them to smoke outdoors until they can quit.

3.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.



# Did you know **wood smoke** is an asthma trigger?



## Reduce your exposure!

1.



Replace your wood stove with an EPA-certified heating appliance. New wood stoves are more efficient and pollute less than older models.

2.



Have your stove and chimney inspected every year by a certified professional to remove creosote build-up and ensure there are no cracks or drafts.

3.



Make sure to burn dry wood that's split, stacked, covered, and stored for at least 6 months.

4.



Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.