



Secondhand Smoke

Parents, friends and relatives of children with asthma should try to stop smoking. Until they can successfully quit, they should smoke only outdoors, not in the home or in the family car.

Dust Mites

Mattress and pillow covers protect against house dust mites. Down-filled pillows, quilts, or comforters should not be used and stuffed animals and clutter should be removed from bedrooms.

Air Pollution

Pollution caused by factories and automobile exhaust can cause an asthma attack.

Cockroaches

Remove as many water and food sources as you can because cockroaches need food and water to survive. Vacuum or sweep these areas at least every 2-3 days. You can also use roach traps or gels to reduce the number of cockroaches in your home.

Pets

Pets with fur or feathers may cause an attack. If you cannot give your pet up, they should not be allowed in the bedroom and should be kept outside as much as possible and bathed weekly. Frequent vacuuming and mopping will reduce problems with asthma.

Mold

Keep humidity levels between 35% and 50%. Fixing water leaks and cleaning up any mold in the home can help.

Other Causes

Difficult physical exercise; bad weather conditions like freezing temperatures, high humidity, and thunderstorms; and some foods and food additives and drugs can cause an asthma attack. People with asthma should learn if these cause their attacks and avoid them when possible.

Did you know...

Allergies and asthma affect millions of people every day. Although some allergies are more dangerous than others, each one makes daily activities harder for those with asthma or allergy problems. Nine million children in the United States have been diagnosed with asthma at some time in their lives.

Asthma...

- Causes 14 million days of missed school every year
- Is the third highest cause of hospital stays for those younger than 15 years of age

It is important to address the common issues facing those who suffer from asthma:

- Proper medication usage
- Control of environmental causes
- Early recognition of the symptoms of worsening asthma
- Get appropriate medical care

What to do...

- Work with your healthcare provider to learn what causes your symptoms and learn how to avoid those things
- Stay away from cigarette smoke
- Clean your house regularly
- Learn how to use medication properly
- Always call a healthcare provider if your medication is not stopping an attack
- Discuss the need for an annual flu shot with your healthcare provider



**For more information call:
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