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| Asthma triggers in my house | Why the problem? | What can I do? |
| Dust Mites | Dust mites are normal, but their droppings can build up on fabrics (like sheets, blankets, and stuffed animals) and worsen asthma. They are also part of house dust. | * Wash bedding at least every 2 weeks * Get rid of carpet and rugs * Use allergen proof covers for pillows, mattresses and box springs * Wash stuffed animals * Vacuum regularly |
| Roaches | Roach saliva, eggs, droppings, secretions, and skin can cause asthma. Roaches live in groups and like wet, warm areas. | • Use baits/traps  • Clean up food spills/crumbs quickly  • Avoid eating in different rooms  • Take out trash every night  • Vacuum regularly  • Store food in sealed containers  • Clean up dishes after use or put in dishwasher  • Put lid on trash can  • Contact landlord to repair large gaps, holes in walls, leaky pipes or faucets |
| Mice | Mouse urine, hair, saliva, and droppings can trigger asthma. Mice are attracted to water, food, shelter, and warmth, and like to run along walls and in between objects. |
| Pets | Animal dander is the dead skin cells from animals, and it sticks to clothes and hands. People with asthma can be allergic to dander from pets in the house. | • Give the pet away if you can  • Do not allow pets in the bedroom  • Wash hands and change clothes after handling a pet  • Bathe the pet often  • Vacuum and clean pet sleeping and play areas often |
| Tobacco Smoke | Smoke exhaled from smokers is called secondhand smoke. If you breathe it in, the smoke irritates your lungs, and can increase your risk for asthma episodes. | • Do not smoke in your home or car  • Do not smoke near your children  • Do not let anyone else smoke near your children  • Stop smoking. Call 1-800-QUIT-NOW for free help |
| Excess Moisture | Too much moisture in your home can increase dust mites, mold, and roaches, and can come from plumbing leaks, roof leaks,  poor ventilation, and/or flooding. | • Use exhaust fans in the kitchen and bathroom (if no fan, open door after showering)  • Hang clothes outdoors to dry  • Fix leaks, call landlord if renting  • Circulate fresh air in your home |



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**Environmental Asthma Triggers**