

BREATHE EASY

IN THE HOME

IF YOUR CHILD HAS ASTHMA, IT'S IMPORTANT TO CONTROL IT. ONE WAY TO DO THAT IS TO STOP YOUR CHILD'S INDOOR ASTHMA TRIGGERS. TRY SOME OF THESE TIPS.

KEEP OUTSIDE TRIGGERS OUTSIDE

- » Children can track outdoor triggers like pollen into the house.
- » Have your child change clothes after being outside.
- » Ask your child to shower before bedtime to keep outside triggers off his bed.



“Be aware of your child's asthma triggers. The list of triggers is long, but your child may only have a few.”

— JOANNA GARCIA, MPH, HEALTHY HOMES PROGRAM COORDINATOR AT COOK CHILDREN'S



FIGHT THE MITE

- » Freeze stuffed animals in a plastic bag overnight to kill dust mites. Put the stuffed animals in a dryer in the morning to remove the mites' bodies.
- » Make sure to dust with a damp cloth instead of a dry one.
- » Wash your child's sheets with hot water once a week.

PESKY MOLD AND PESTS

- » Fix water leaks to prevent the build up of mold.
- » Air out shower curtains after a bath.
- » Call pest control if you have mice or cockroaches.



PETS

- » Install air filters to help control pet dander and hair and dust mites.
- » Keep household pets out of your child's room. Outside is best.
- » Vacuum often. Pet dander can linger in the home for up to six months.

