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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**