Healthy Residents, Healthy Homes

Controlling Your Asthma

What Causes an Asthma Attack?

Some things in our homes can trigger asthma attacks:

- Smoke, mainly tobacco smoke
- Mold and/or mildew
- Dust mites (microscopic animals that live in dust)
- Pests (cockroaches, mice)
- Animal dander from pets (small particles from fur, hair, feathers or skin)
- Air pollution
- Deodorants or perfumes

How is Asthma Controlled?

Controlling your asthma may involve the following:

- Having an Asthma Action Plan
- Avoiding triggers
- Taking asthma medications (as directed by your doctor)
- Knowing your warning signs

Simple Steps You Can Take to Defeat Asthma in Your Home:

- Keep your home smoke-free
- Keep pets out of your and your child's bedrooms
- Keep your and your child's bedrooms as dust-free as possible
- Fix water leaks and avoid moisture problems
- Use mattress covers to control dust mites
- Help avoid pest problems through good housekeeping
- Avoid air fresheners
- Do not leave food or garbage out
- Clean all food crumbs or spilled liquids right away
- Report problems to building managers

NOTES

Department of Health & Human Services · USA

AHRQ

CDC Centers for Disease Control and Prevention

United States Environmental Protection Agency

Rhode Island Department of Health

Healthy Residents Healthy Homes

Project of the Newport Housing Authority

Asthma Action Plan

Goal 1

Action Steps

Goal 2

Action Steps

Goal 3

Action Steps

Goal 4

Action Steps