



What you need to know about...

Allergies and Triggers



Allergies affect most people with asthma and can be major triggers in an asthma episode. It is important that you identify which allergens (allergies) are your triggers and learn how to avoid and get rid of them in your home.

Common Allergens Known to Trigger

Asthma:

- Animals with fur or feathers
- Dust mites
- Pollen
- Mold
- Roaches

Tips to minimize allergens and triggers in your home:

- Limit your animal's access to certain areas of the house like bedrooms and living rooms. Have your pet washed and brushed on a regular basis to reduce allergens.

- Removing carpets and/or rugs from rooms (when possible) and having wood or tile floors help to get rid of dust mites and mold.
- Avoid hanging heavy drapes or curtains that collect dust especially in the bedrooms.
- Reduce clutter around the home. Keep things off the floor. Clutter attracts dust mites as well as rodents and roaches.
- Thorough cleaning is very important to get rid of allergens in your home. Wash your sheets in hot water. Dust, sweep, and mop every week to help reduce dust mites.
- Dust mite proof mattress and pillow covers on your bed work great to help reduce the dust mites found in your bed and pillows.
- Try to keep windows closed on windy days to keep pollen from coming into your house. Make sure air conditioner filters are kept clean.
- If you're allergic to mold, try to avoid living in damp areas such as basements, and keep bathrooms and other areas where mold likes to grow clean and dry.