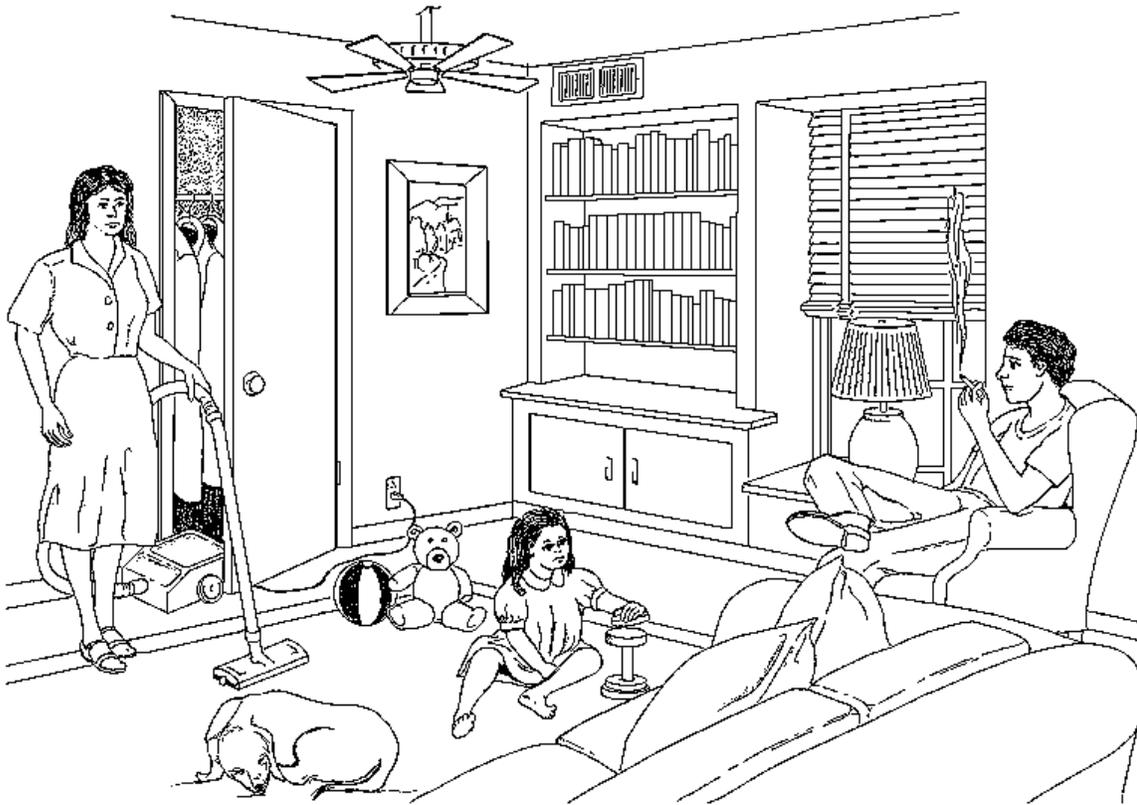


Name of Child: _____ Date: _____

Asthma Triggers

You Can Make a Difference



Can you find these dust catchers and asthma triggers?

- | | | |
|--|--|---|
| <input type="checkbox"/> mini blinds | <input type="checkbox"/> cigarette smoke | <input type="checkbox"/> pillows and cushions |
| <input type="checkbox"/> lamp shade with folds | <input type="checkbox"/> vent slats | <input type="checkbox"/> books and book shelves |
| <input type="checkbox"/> open closet door | <input type="checkbox"/> dog | <input type="checkbox"/> stuffed toy |
| <input type="checkbox"/> rug | <input type="checkbox"/> vacuum | <input type="checkbox"/> ceiling fan |
| <input type="checkbox"/> other _____ | | |

Asthma Triggers: You Can Make a Difference

Here is a long list of things that may help the child with asthma. No family can get rid of all asthma triggers. If you rent your home, there are some things you cannot change. Some of these changes cost money. Some can save you money. You have to think about other people in the home. Every family has to make choices about what they can and will do.

✓ Check all the things on this list you choose to do.

Around the house

- Your pet shouldn't have fur or feathers. Don't touch cats, dogs, birds, guinea pigs or gerbils.
- Keep pets with fur or feathers out of the bedroom and off the bed. Don't sleep with pets. It is best to keep them outside.
- Electric heat is better than forced-air heating.
- If possible, use a special air filter to keep pollen out of the home.
- If possible, use air conditioning in the summer, instead of fans or evaporative coolers.
- Keep the vent closed on room air conditioners.
- Air out damp, humid rooms often.
- Tile or wood floors collect less dust than rugs or carpets.
- Use only washable rugs.
- Furniture should be plain and easy to clean.
- Furniture cushions and pillows should not be stuffed with feathers or kapok.
- Use washable window shades instead of mini blinds. Avoid heavy curtains and fiber blinds.
- Put away things that can collect dust.
- Pack books away, so they don't collect dust.
- Avoid pictures, shelves, silk plants and knickknacks. They collect dust.
- Indoor plants may collect mold.
- The pollen on cut flowers may trigger asthma.
- When cooking, turn on the vent over the stove.
- If allergic to pollen or molds, keep windows closed as much as possible.
- Avoid using sprays, paint and cigarettes in the home.
- Use bug killing sprays only when the person with asthma is not home. Air out the home after spraying.
- Never smoke, use perfume or aftershave in the house.

The Bedroom

- Use plain wood or plastic chairs instead of upholstered furniture.
- If there are bunk beds, the child with asthma should sleep on the top.
- The bed should not have a canopy.
- Waterbed or foam mattresses collect less dust mites than other mattresses.
- Nothing on the bed should be stuffed with feathers or kapok.
- Use washable acrylic or polyester blankets. Avoid fuzzy cotton or wool blankets, down comforters and chenille spreads.
- If you cover mattress and pillows, air out the plastic first, until all of the odor is gone.
- Keep clothes in closets.
- Store only clean clothes in closets.
- Keep wool clothes in a plastic bag in a closet.
- Keep closet doors shut.
- Decorate with easily cleaned pictures or posters.
- Store toys and books in closets or drawers.
- Avoid stuffed animals or wash them regularly.
- Avoid wall pennants, toys and books on shelves.
- Humidifier or vaporizer must be kept clean.

Cleaning

- Clean with chemicals that do not trigger asthma:
 - Plain white ammonia can be mixed with water to clean windows, silver, glass and crystal.
 - White or apple cider vinegar can be mixed with water to clean wallpaper and mold, crayon and hard water mineral marks.
 - Club soda can take spots off of clothes and rugs. Pour it on the spot, let it set a while, then wipe it up with a sponge or paper towel.
 - Bleach without chlorine can be mixed with water to clean counters and clothes.
 - Salt can clean burned-on foods off of pots and pans.
 - Soap should be mild and without a scent. Do not use deodorant soaps.
 - Baking soda can be sprinkled on rugs before they are vacuumed, and helps take odors out of the refrigerator.
 - Charcoal can take odor out of rooms and refrigerators. Put a packet in a room and close the door.
 - Beeswax, lemon oil, raw linseed oil, mineral oil and paste wax can be used to polish furniture.

— Olive oil can polish furniture and clean pewter.

- Wash rugs once every month.
- Dust the house often. Use a cloth, not a feather duster, to dust.
- Dust and wet mop the bedroom several times a week.
- Dust or clean ceiling fans each week.
- Air out the room after dusting.
- Wash sheets and pillow cases once each week.
- Wash pillows every month.
- Replace pillows once a year.
- Brush and vacuum mattress.
- Vacuum before you dust.
- A vacuum collects dust, but also blows it out. Use a special vacuum, vacuum filter bags or vacuum when the person with asthma is not home.
- Don't use a broom.
- Air out the house after it is vacuumed.
- Change or clean the filters in the air ducts every month.
- If you use an evaporative cooler, clean it very well at least twice every season you use it.

Away From home

- Take your clean pillow with you on trips.
- When you visit someone who has a pet with fur or feathers, don't stay long.
- When you plan to visit someone who has a pet you are allergic to, take medicine with you. Your doctor may also tell to you take medicine before the visit.
- Sit in no smoking sections in public places.

Other things you can do:

Now that you've read this:

- Tell your nurse or doctor what you will do to help your child avoid asthma triggers.
(Check when done.)



If you have any questions or concerns,

- call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: [@emilycenter](https://twitter.com/emilycenter)
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

September 4, 2014 • DRAFT in family review
#32 • Written by Barbara Singer, RN • Illustrated by Dennis Swain.
This handout is also available in Spanish as #231/32s.

Asthma Triggers

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!