

Asthma-Friendly Home Checklist

Make YOUR home "asthma-friendly"



Asthma is a chronic lung disease. Although asthma cannot be cured, here's how you can keep it under good control:

- ◆ be aware of symptoms and warning signs;
- ◆ use medicines properly to treat and prevent asthma episodes;
- ◆ avoid the things that "trigger" your symptoms and can make your asthma worse.

Use this checklist to help make your home a healthier environment, so you can breathe easier.

Indoor allergens are among the most common triggers of asthma.

***DUST MITES:** They are too small to be seen but are found in every home. They live in mattresses, pillows, carpets, clothes, upholstered furniture and other fabric items.*

<i>What you can do:</i>	Needs Improvement	O.K.
Cover mattresses and pillows with special allergy-proof encasings.	<input type="checkbox"/>	<input type="checkbox"/>
Wash sheets, pillow cases and blankets in hot water every week.	<input type="checkbox"/>	<input type="checkbox"/>
Remove carpets, especially in the bedroom and any carpets laid on concrete.	<input type="checkbox"/>	<input type="checkbox"/>
Eliminate "clutter" and things that collect dust (e.g. curtains or drapes).	<input type="checkbox"/>	<input type="checkbox"/>
Clean often with a vacuum that has a high efficiency (HEPA) filter.	<input type="checkbox"/>	<input type="checkbox"/>
Dust regularly using a damp cloth.	<input type="checkbox"/>	<input type="checkbox"/>

***MOLD and MILDEW** grow in damp and humid places, such as bathrooms, kitchens and basements.*

What you can do:

Use exhaust fans or open windows to increase ventilation from showers, cooking, cleaning, using the dishwasher or doing laundry.	<input type="checkbox"/>	<input type="checkbox"/>
Wash molds off hard surfaces using a water, vinegar and soap mix.	<input type="checkbox"/>	<input type="checkbox"/>
Keep humidity low; use a dehumidifier in the basement if necessary	<input type="checkbox"/>	<input type="checkbox"/>
Keep air conditioner and heating filters clean and dry.	<input type="checkbox"/>	<input type="checkbox"/>
Fix leaks and moisture problems and keep things dry and clean in places where mold tends to grow (e.g., showers, under sinks, refrigerator drip pans)	<input type="checkbox"/>	<input type="checkbox"/>

Turn over for more suggestions

PETS and PESTS: Both can be a problem for people with allergies and asthma.

Animal dander from a pet's skin flakes, saliva or urine can attach itself to anything (floors, ceilings, clothing or furniture). Droppings or remains of pests such as cockroaches or rodents can be asthma triggers.

	Needs Improvement	O.K.
What you can do:		
Find out what type of pet you are allergic to through allergy testing and do not have that type of pet in your home.	<input type="checkbox"/>	<input type="checkbox"/>
Consider keeping pets outdoors or finding them a new home if necessary.	<input type="checkbox"/>	<input type="checkbox"/>
Keep pets out of the bedroom at all times and keep the door closed.	<input type="checkbox"/>	<input type="checkbox"/>
Keep pets away from fabric-covered furniture and rugs or carpets.	<input type="checkbox"/>	<input type="checkbox"/>
Store food in airtight containers; don't leave pet food out to attract pests.	<input type="checkbox"/>	<input type="checkbox"/>
Plug up holes in walls and window frames to prevent pests from entering.	<input type="checkbox"/>	<input type="checkbox"/>
Eliminate pest hiding places (e.g., newspapers, grocery bags, cardboard).	<input type="checkbox"/>	<input type="checkbox"/>

SMOKE, FUMES and ODORS can aggravate airway inflammation and asthma.

What you can do:

Don't smoke, or allow others to smoke in your home or in your car.	<input type="checkbox"/>	<input type="checkbox"/>
Avoid fumes and odors from cleaning supplies, bleach, paints, cosmetics, perfumes. Use fragrance-free or simple products (e.g., baking soda, vinegar).	<input type="checkbox"/>	<input type="checkbox"/>
Don't use scented candles, room "fresheners," hairspray, or other aerosol products that put irritants into the air that you breathe.	<input type="checkbox"/>	<input type="checkbox"/>
When you clean, "pour and wipe" rather than spray.	<input type="checkbox"/>	<input type="checkbox"/>

Other Important Asthma Tips

- Make sure you get a written Asthma Action Plan from your doctor, with details about your allergies, what medications to take regularly to control symptoms, and what to do if you feel your asthma is getting worse.
- Talk over other health conditions you may have, and medications you are taking.
- Practice with your doctor, nurse, or pharmacist how to use asthma tools, such as inhalers and spacers, so you get the most from your medications.
- Get protected with pneumonia vaccinations and annual flu shots.



For more information:

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