

Community Action Against Asthma

Asthma Control Tips

1. Make sure you understand your child's asthma medicines and give them according to the doctor's instructions.
2. To reduce exposure to dust and dust mites:
 - Cover mattress and pillow with allergen cover.
 - Clean when people with asthma are in another room or out of the house.
 - Clean bedding in hot water once a week.
 - Vacuum/damp mop floor and clean surfaces with a damp rag once a week
 - Remove items from room that collect dust or put them away in drawers or containers.
 - Change forced air heating duct filters seasonally.
3. To reduce exposure to tobacco smoke:
 - Help all family members quit smoking
 - Make home and car smoke-free zones
 - Teach your child not to start smoking
4. To reduce exposure to pests – follow integrated pest management tips
5. To reduce exposure to mold and mildew:
 - Ventilate bathroom and kitchen
 - Remove water-damaged carpet
 - Repair leaky plumbing
5. To reduce exposure to colds and flu:
 - Teach family members to wash hands regularly
 - Ask your child's doctor about getting a flu vaccine every fall
6. To reduce exposure to furry or feathered pets, give pets away or keep outside.
7. To reduce exposure to grass, ragweed, pollens:
 - Avoid walking across freshly-cut grass
 - Stay indoors when pollen counts are high
 - Visit places with air-conditioning (like libraries or community centers)