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)

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