

Environmental Asthma Prevention:

1. Animal Dander

- Remove pet from house (ideal)
- Keep animal out of patient's bedroom (at a minimum)
- Seal or put a filter on air ducts that lead to bedroom

2. House-Dust Mites

Essential:

- Encase mattress in an allergen-impermeable cover
 - Encase pillow in an allergen-impermeable cover or wash weekly
 - Wash sheets and blankets in hot water weekly (≥ 130 F is necessary for killing mites)

Desirable:

- Reduce indoor humidity to less than 50%
- Remove carpets from the bedroom
- Avoid sleeping or lying on upholstered furniture
- Remove carpets laid on concrete
- Routine use of chemicals to kill house-dust mites and to denature the antigen not recommended

3. Indoor mold

- Fix all leaks and eliminate water sources associated with mold growth
- Clean moldy surfaces
- Consider reducing indoor humidity to less than 50%

4. Cockroaches

- Keep areas clean

5. Pollens (from trees, grass, or weeds) and outdoor molds

- Consider staying in doors during particularly bad air quality days/ using air conditioning.

6. Reduce Irritant Exposures

- Tobacco Smoke
 - Please keep your child away from second hand smoke! No smoking in the house or in the car. If there must be smoking at home, consider a smoking jacket.
- Other Irritants:
 - Wood-burning stoves or fireplaces
 - Unvented stoves or heaters
 - Outdoor pollutants (e.g., avoid outdoor exercise during high-pollution days)
 - Other irritants (e.g., perfumes, cleaning agents, sprays)