

10 WAYS TO PREVENT ASTHMA TRIGGERS AT HOME



1. KEEP AREA DRY
Use fans and open windows to reduce moisture. Lack of ventilation creates mold and mildew!



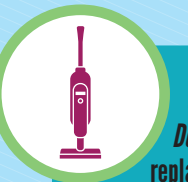
2. AVOID STRONG ODORS
Do not use scented candles, air fresheners, or cleaning products with a strong smell.



3. ELIMINATE PESTS
Patch any holes and cracks, and fix leaks.



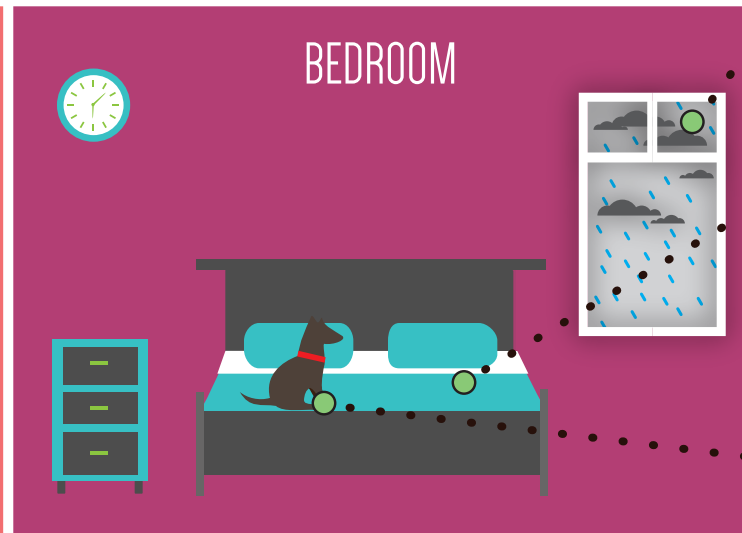
4. NO SMOKING
If you need to smoke, smoke outside and away from the home.



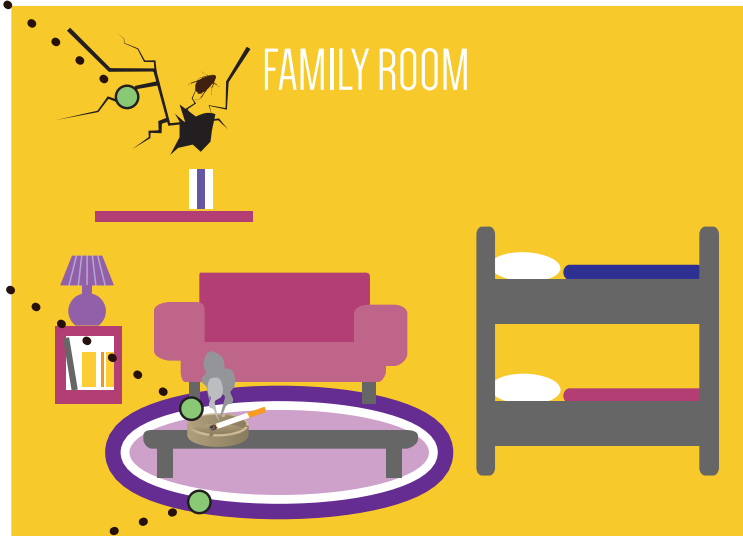
5. VACUUM OFTEN
Do not sweep carpet. If possible, replace carpet with hard flooring



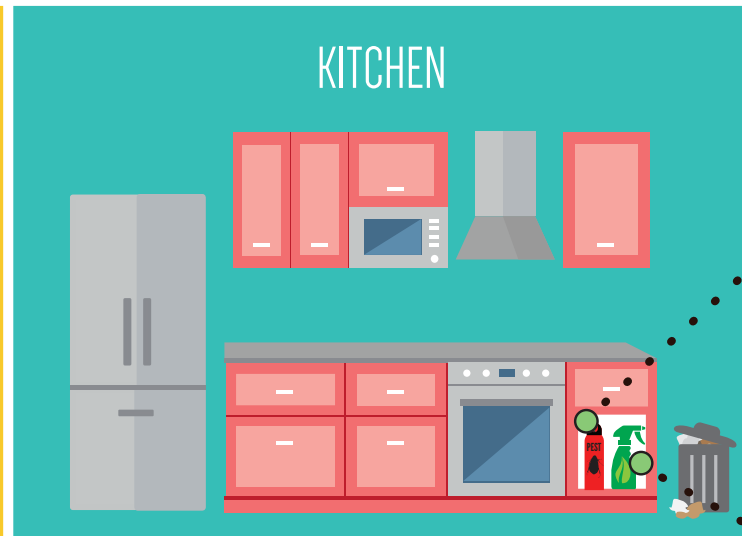
BATHROOM



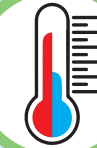
BEDROOM



FAMILY ROOM



KITCHEN



6. BEWARE OF SEASONAL TEMPERATURE CHANGES
Dress appropriately and modify activities, especially when hot.



7. REDUCE DUST
Wash bedding and curtains in hot water often.



8. KEEP PETS OUT OF THE HOME
At least make sure to keep them out of any sleeping areas.



9. AVOID USING CHEMICAL PEST REMOVAL
Use least-toxic chemicals (like boric acid or gel baits) or seek professionals that use least-toxic pest removal methods.



10. USE SAFE CLEANING SUPPLIES
No bleach. Instead, use hydrogen peroxide, baking soda, and other safe alternatives.



MAKING YOUR HOME A SAFER PLACE FOR ASTHMA CARE

There is an undeniable relationship between substandard housing conditions and asthma. Environmental asthma triggers, including cockroaches, mold and mildew, dust and dust mites, rats, mice, and water leaks can trigger asthma episodes. Cockroaches are one of the leading asthma triggers found in the home. Families with asthma that live with cockroach infestation are more likely to suffer from severe and uncontrolled asthma.

Our behavior can also affect asthma in the home. Various cleaning products, smoke from cigarettes and/or candles, and air fresheners can also trigger asthma episodes.

Help your family manage and reduce asthma episodes by eliminating asthma triggers from the environment. Ensure your home is clean and dry, free from smoke and strong odors, and pest and dust-free. You and your children will breathe better!



COMMUNITY RESOURCES

HEALTH CARE— ASTHMA:

QueenCare Health Centers: 323-635-1140
St. John's Well Child and Family Center: 323-541-1411
BreathMobile: 323-226-3813 & www.labreathmobile.com

HEALTH CARE— GENERAL:

Covered California: www.coveredca.com
L.A.Care Healthy Kids: 888-839-9909

HOUSING & TENANTS RIGHTS:

Coalition for Economic Survival: 213-252-4411
Esperanza Community Housing Corporation:
213-748-7285
Housing Rights Center: 800-477-5977
Fair Housing Foundation: 800-466-3247
Inquilinos Unidos: 213-483-7497
ACCE: 213-747-4211 x203
S.A.J.E.: 213-745-9961

LEGAL AID:

Eviction Defense Network: 213-385-8112
Inner City Law Center: 213-891-2880
Legal Aid Foundation of Los Angeles: 800-399-4529
Neighborhood Legal Services: 800-433-6251

ADVOCACY AND INFORMATION:

Asthma Coalition of Los Angeles County: 213-639-6459
American Lung Association of L.A. County:
800-LUNG-USA
Long Beach Alliance for Children with Asthma:
562-933-5650
Regional Asthma Management and Prevention:
510-302-3365 & www.rampasthma.org

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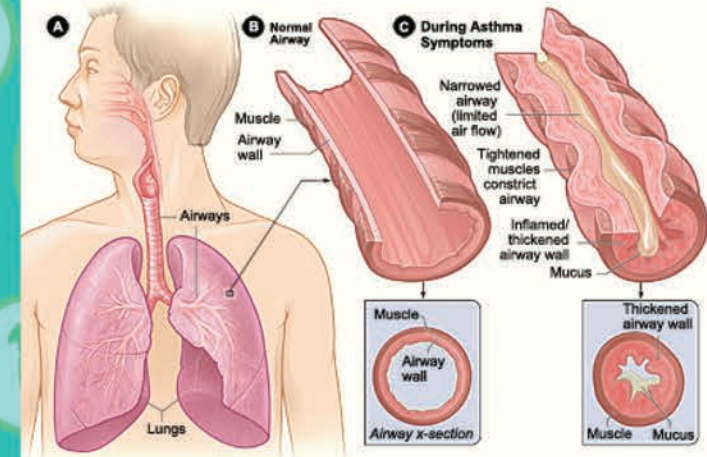


Image source: <http://www.nlm.nih.gov/health/health-topics/topics/asthma>

WHAT IS ASTHMA?

Asthma is a common chronic inflammatory disease of the lungs that makes it difficult to breathe. Symptoms include wheezing, coughing, chest tightness, and shortness of breath.

Asthma is the leading chronic disease affecting children in the United States. There is no cure for asthma, but symptoms can be reduced or almost eliminated when controlled and managed properly.

Yet even when your doctor's orders are followed precisely, triggers inside the home can often lead to increase emergency room and urgent care visits. Learning how to reduce triggers in your home will help you control your asthma and feel better.

