

# Top Ten Actions to Control Asthma Triggers in Your Home



1. No smoking indoors (or in the car).



2. Cover mattress, box springs and pillows with special allergy-proof encasings.



3. Remove carpet in the bedroom or vacuum often.



4. Regularly clean your home to remove dust.



5. Wash bedding in hot water weekly.



6. Fix leaks and moisture problems.



7. Store all food in air-tight containers or in the refrigerator.



8. Clean up crumbs and dirty dishes and remove garbage daily.



9. Keep cats, dogs, and caged pets out of your home.



10. Avoid using products with strong odors around family members with asthma.

These action steps can reduce asthma triggers. This can reduce asthma attacks. Remember, **Asthma Needs Action.**



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Asthma Coalition  
of New Jersey**  
"Your Pathway to Asthma Control"  
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# Control these Asthma Triggers:

**Tobacco Smoke    Dust Mites**  
**Pests – Roaches & Rodents**  
**Pet Dander    Mildew & Mold    Strong Odors**

## More on the Top Ten Actions:

1. Smoke clings to your clothes. When smoking outside wear a shirt or outer covering that you can remove before going into your home.
2. Special allergy-proof encasings go completely around the mattress, pillow and boxspring and close with a zipper.
3. Carpet holds many asthma triggers. It is best to remove all carpeting in the bedroom. If this is not possible, vacuum weekly when the person with asthma is not in the room. Use a vacuum with special allergy-proof vacuum bags, HEPA filters, or central vacuum.
4. To clean, use a damp mop and damp dust cloth on hard surfaces and see above for vacuuming.
5. All bedding should be machine washable and washed in hot water and detergent at least once a week. This includes sheets, pillowcases, blankets, and mattress pad.
6. Search for wet spots or mold, especially around plumbing, and make repairs to reduce mold, roaches, and rodents. Fix leaky sinks.
7. Containers for storing food need to be hard plastic or glass to stop rodents and roaches. If you have a problem, put **all food** from the store into these containers.
8. Cleaning and storage should remove the food sources for roaches and rodents. If you need to do more, try using poison baits, boric acid (for cockroaches), or traps before using pesticide sprays.
9. Do not allow cats, dogs, and caged pets in your home because pet dander and saliva can be triggers.
10. Strong odors come from cleaning products, perfumes, scented candles, incense, room deodorizers, air fresheners, wood smoke, unvented space heaters, and pesticide sprays. When using these products, keep the person with asthma out of the room and air out the room before they return.

**For more information call: 1-866-PACNJ-88 or  
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