



ASTHMA AND ALLERGY

Environmental Triggers

Things in the environment may be affecting you or your child's asthma and allergies. Asthma and/or allergy symptoms include:

- ✓ Sinus congestion
- ✓ Itchy eyes, nose, or throat
- ✓ Coughing
- ✓ Shortness of breath
- ✓ Runny nose
- ✓ Watery eyes
- ✓ Wheezing

Please tell your health care provider if you or your child has any of these symptoms.

Please place a check in the box to tell us where and when you and/or your child have these problems.

- During the week
- On the weekends
- At home
- At work
- At school or child care
- Other places – tell where _____
- At certain times of the year – Spring, Summer, Winter, or Fall
- When others around you have the same problems
- When coming in contact with smells (odors) or fumes
- When using chemicals and cleaners
- Whenever carpets are being or have been vacuumed
- When making a bed
- Having sneezing in the morning
- Around pets – name type: _____
- Around bugs, insects, bees and animals in general
- Hot or cold weather – name type of weather _____
- Around tobacco and cigarette smoke

Resources:

www.cdc.gov/asthma/faqs.htm#triggers, June 2008

www.epa.gov/asthma/triggers.html, June 2008

www.niehs.nih.gov/health/topics/conditions/asthma/allergens.cfm, June 2008

Additional Resource Sites for Information:

NC Asthma Program:
www.asthma.ncdhhs.gov

NC Healthy Homes:
www.nchealthyhomes.com

NC Division of Air Quality:
www.daq.state.nc.us

NC Tobacco Prevention and Control Branch:
www.quitlinenc.com

American Lung Association:
www.lungusa.org

UNC Chapel Hill Center for Environmental Health and Susceptibility:
<http://cehs.sph.unc.edu>

Local Contact Information



What can you do?

House dust mite allergy

- ✓ Cover mattress, bedding, and pillows with allergy-proof covers.
- ✓ Wash bedding in hot water weekly with detergent and bleach in the washer and use dryer on high heat.
- ✓ Wash toys.
- ✓ Remove carpets and vacuum often.
- ✓ Dust and clean blinds and windows often.
- ✓ Mop hard surface floors often.
- ✓ Open windows or turn fan on when cleaning.
- ✓ Reduce humidity in the home.



- ✓ Use detergent and water to clean mold stains.
- ✓ If possible, remove moldy items from the home, school, or work place.
- ✓ Turn on fans in bathroom and kitchen to remove moisture.
- ✓ Make sure clothes dryer hose is properly vented to the outside.
- ✓ Tell about problems with pollen and avoid working outdoors during pollen season.
- ✓ Make sure all fuel burning heaters are vented to the outside.
- ✓ Use caution when using kerosene, wood or fireplaces for heat.
- ✓ Do not use scented spray, plug-ins, or scented candles.
- ✓ Do not use strong cleaners at work, school, or child care.
- ✓ When painting or cleaning, open windows and doors to let air into the area.
- ✓ For air quality, check the weather daily on TV or radio.

Tobacco smoke exposure

- ✓ Do not smoke in the house or car.
- ✓ Change clothes to get rid of odor from smoke.
- ✓ For smoking help call QuitlineNC, 1-800-Quit-Now (1-800-784-8669) or www.QuitlineNC.com

Pets

- ✓ Do not keep furry or feathered pets in the house.
- ✓ If pets must stay, keep them out of bedrooms, off furniture, and carpets.

Mold stains, bad odors, and air quality

- ✓ Tell the health care provider about leaks or bad odors in the home.
- ✓ Tell the health care provider when you see dark stains or have bad smells from cold, wet moldy places in house.

Pest control

- ✓ Get rid of trash regularly.
- ✓ Use mouse, ant, and roach traps and clean up insect parts and mice droppings.
- ✓ Keep bug spray and traps away from children.
- ✓ Read directions first before using bug killers.

