## Asthma Triggers

<table>
<thead>
<tr>
<th>Triggers</th>
<th>Ways to Avoid Triggers</th>
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| **Secondhand Smoke** | • Do not allow smoking in the home. Place “No Smoking” signs in your home.  
• Do not smoke or allow smoking in the car.  
• Freedom From Smoking website. (www.ffsonline.org) |
| **Dust Mites**       | • Cover mattresses and pillows in dust-proof zippered covers.  
• Wash sheets and blankets once a week in hot water.  
• Choose washable stuffed toys for children and wash them often and in hot water.  
• Keep stuffed toys off beds. |
| **Pet Dander**       | • Consider keeping pets outdoors or even finding a new home for your pet.  
• Keep pets out of the bedroom and other sleeping areas at all times.  
• Put cloth over heat vents to the child’s room.  
• Keep pets away from fabric-covered furniture.  
• Wipe down furniture weekly. |
| **Pests (Cockroaches)** | • Do not leave food out – store in airtight containers. Empty garbage everyday.  
• Clean all food crumbs or spilled liquids immediately.  
• Use roach bait to trap roaches.  
• If spray is necessary, be sure to spray when child is not at home; air out the room for several hours. |
| **Mold**             | • Wash mold off hard surfaces and dry completely. Wash the shower walls and shower curtain with bleach at least once a month.  
• Fix leaky plumbing or other sources of water.  
• Keep plants out of the child’s bedroom.  
• If possible use a dehumidifier in the home. |

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