

Knowing what your allergic asthma triggers are can help you stay ahead of your symptoms.

Keeping your environment free of asthma triggers can help you control your symptoms and reduce the chances that you'll have an attack.

### ***What you can do to reduce the impact of triggers in your home:***

There are several ways that you can reduce or eliminate asthma triggers in your home. We have listed some of these methods here for your convenience.

#### ***General recommendations:***

- ✓ It is best to keep pets and plants out of your home, but if that is not an option, at least keep pets and plants out of the bedroom
- ✓ If you are allergic to certain foods, such as peanuts and shellfish, and are unable to remove these products from your home entirely, it is best to avoid contact with them as food-induced asthma and allergy attacks can be life-threatening

#### ***Daily***

- ✓ Let bed linens “air out” for 30-40 minutes after waking up and before making the bed

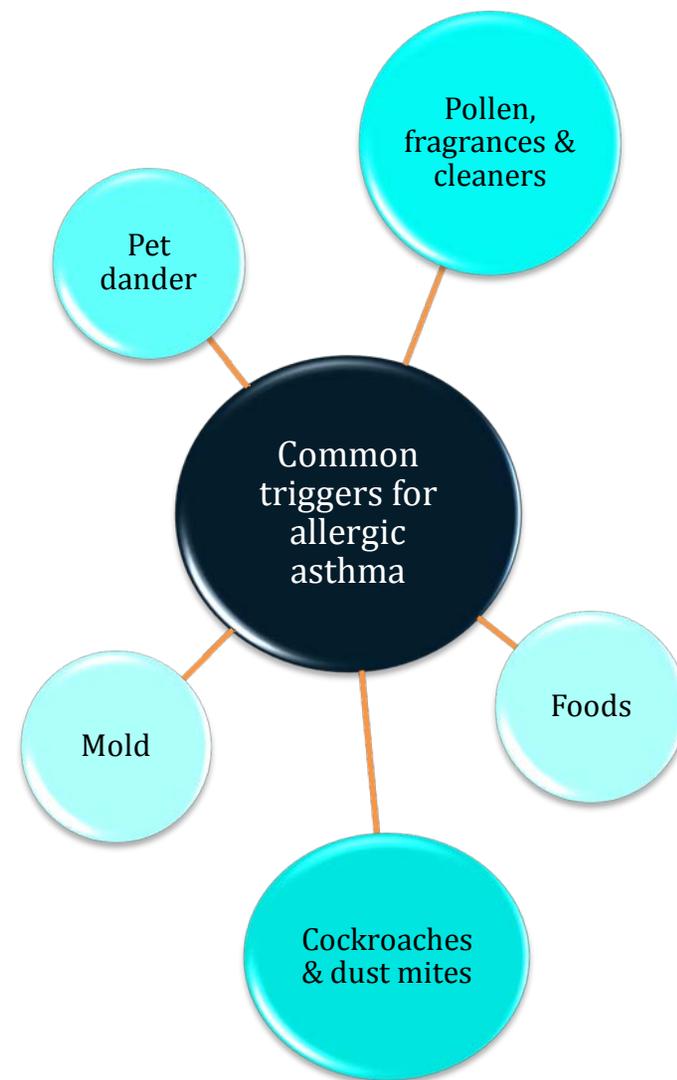
#### ***Weekly***

- ✓ Wash bed linens in hot water – be sure to dry thoroughly - and run pillows through a dryer cycle on high heat for 30-40 minutes
- ✓ Vacuum carpets and floors – make sure your vacuum uses a HEPA\* filter and clean the filter at least weekly

#### ***Monthly***

- ✓ Change air filters in central air conditioning and forced air heating systems – use only HEPA filters (these can be purchased at most hardware stores)

\*High-efficiency particulate arrestance (HEPA) filters must remove 99.97% of particles that have a size of 0.3  $\mu\text{m}$  – smaller particles can include pollen and mold spores



*Talk with your doctor  
about your specific  
triggers, and your goals for  
symptom management.*

You know about your triggers, your symptoms and your treatment goals

Your doctor understands the details about your disease, the treatments that are available and the side effects of those medications

Discussing your specific experience and your treatment goals with your primary care physician can lead to better trigger management and better control of your asthma, leading you closer to your treatment goals



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## Managing Triggers When You Have Allergic Asthma

emergency  
breathing  
learn  
medications  
educate  
discuss  
prevention  
wheezing  
cough  
treatment  
bronchial  
respiratory  
allergies  
symptoms  
inhaler  
understand