



# Avoiding Asthma Triggers

## Did you know?

*Asthma "triggers" are different for everyone. It is helpful to identify your asthma triggers so that you can try your best to avoid them. If you need help, ask your asthma care provider!*

## Action Plan

Common asthma triggers and ways to avoid them:

- ❑ **Secondhand smoke:** Do not allow smoking in your home or car. If you smoke, try to quit. If you need help quitting, see reverse.
- ❑ **Pests:** Keep surfaces clean of spills or crumbs, seal food containers, and empty trash. Seal any cracks with caulk.
- ❑ **Dust:** Use zippered dust-proof covers on pillows, mattresses, and box springs. Wash sheets, blankets, and stuffed toys regularly. Wet dust and wet mop regularly.
- ❑ **Mold:** Reduce moisture and increase ventilation (open windows while showering, use exhaust fans). If you see mold, first eliminate the source of moisture/water; then, scrub mold from hard surfaces with soap and water (and allow the surface to dry completely). PLEASE NOTE: Small areas of mold can be cleaned safely, but larger areas of mold damage may require certified professionals to remove safely.
- ❑ **Strong Odors/Smells:** Avoid using strongly scented air fresheners, candles, or cleaning products. Use a box of baking soda to absorb odors.
- ❑ **Seasonal Allergies:** If your child's asthma is triggered at certain times of the year, talk with your child's doctor about how to identify and prevent seasonal allergy symptoms.
- ❑ **Exercise:** If exercise seems to make your child's asthma worse, talk with your child's doctor about using a rescue inhaler 10-15 minutes before exercising.

[more](#) →

NYSCHECK.ORG

## Resources

To learn more about the following topics, visit [nyscheck.org/albanyrx](https://nyscheck.org/albanyrx) or scan the QR code below.

- Secondhand Smoke
- Smoking (including quitting resources)
- Vaping and E-cigarettes
- Safer Pest Control
- Dust Mites
- Mold
- Indoor Air
- Outdoor Air Quality



New York State Healthy Neighborhoods Program can provide home visiting services and resources to combat in-home asthma triggers.

**Albany/Rensselaer County:** (518) 765-3512

**Schenectady County:** (518) 386-2818

**Columbia County:** (518) 828-3358 ext. 1255 or 1260

For help identifying and managing your child's asthma triggers, or to obtain free supplies, contact your local Children's Environmental Health Center:

Albany Medical Center Pediatric Group  
391 Myrtle Ave., Suite 3A  
Albany, NY 12208

Phone: (518) 262-5588

E-mail: [pedsenvironmentalhealth@amc.edu](mailto:pedsenvironmentalhealth@amc.edu)

For more information, visit: [nyscheck.org/rxs](https://nyscheck.org/rxs)

Version: Albany, May 2021