

# BREATHE EASIER: REDUCING ASTHMA TRIGGERS IN AND AROUND YOUR HOME

## WAYS TO REDUCE THE RISK OF ASTHMA ATTACKS WHILE AT HOME:

In California, about 4 million adults and 1.2 million children are diagnosed with asthma during their lifetime

Both indoor and outdoor air pollutants can cause asthma attacks. Inside triggers can include pet dander, mold, tobacco smoke, wood smoke, strong odors, and dust mites. Outdoor triggers include ozone, fine particles, and pollen. As always, talk to your doctor about an Asthma Management Plan.



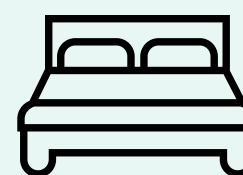
**Outdoor air quality:** Check real-time air quality in your area by downloading the South Coast AQMD smartphone app at [www.aqmd.gov/mobileapp](http://www.aqmd.gov/mobileapp) or visiting: [www.aqmd.gov/aqimap](http://www.aqmd.gov/aqimap). Plan your outdoor activities when air quality is cleaner.



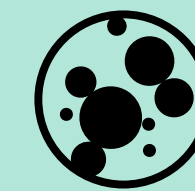
**Pollen:** When pollen levels are high (often in the spring and fall), limit the time you spend outdoors.



**Pets and dust:** Vacuum and damp dust weekly to reduce indoor pet allergens and dust mites.



**Bedding:** Wash all bedding and stuffed animals in hot water every 1-2 weeks. You can also use a mattress cover or pillow case cover to reduce dust mites.



**Mold:** For small amounts of mold on hard surfaces, clean using detergent and hot water, or a bleach solution. Fix water leaks and ventilate bathrooms and kitchen areas to help prevent mold. Wear gloves, a facemask, and goggles while cleaning.



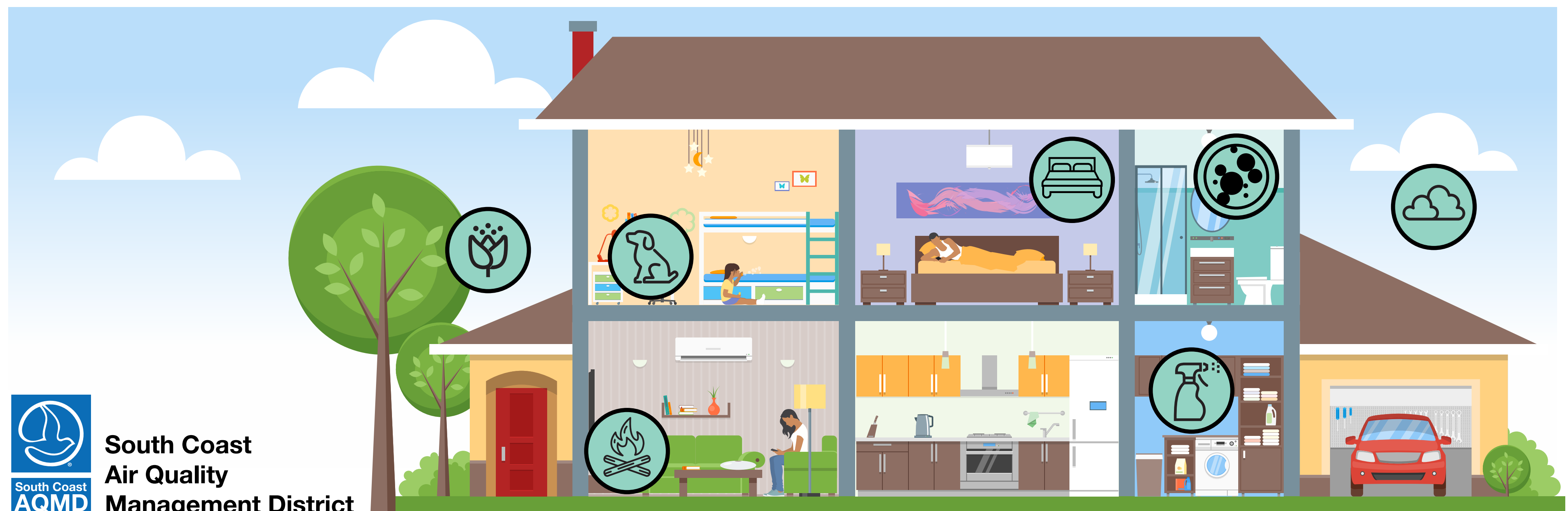
**Cleaning and personal care products:** When possible, choose cleaning and personal care products that are fragrance-free.



**Tobacco smoke:** Contact your healthcare provider to discuss quitting smoking.



**Wood smoke:** Avoid burning wood in your fireplace, fire pit, or wood burning stove.



South Coast  
Air Quality  
Management District