



Hello!

Do you have a minute to learn about Asthma Triggers in your home?

Good, I'm glad you hung around. The triggers listed below can be located in every room in your house—living area, kitchen, bathroom, bedroom and basement and can wreak havoc for asthma sufferers.

ASTHMA TRIGGERS

- Moisture and or mold
- Condensation or visible water damage
- Plants
- Incorrectly stored items
- Upholstered furniture and/or stuffed animals
- Carpeting
- Evidence of pest/vermin
- Paint, thinners, cleaning chemicals
- Odors/smoke
- Scented cleaning products/air fresheners
- Clutter/dust
- Unintended access points for outside air/pests
- Dust mites
- Cockroaches
- Pets



SOME QUICK TIPS

- Dust and Vacuum Weekly
- Remove carpets in bedrooms
- Repair any leaks to avoid standing water
- Change furnace filters every 3 months
- Remove mold
- Limit plants
- Ventilate your home
- Use scents sparingly

Relax...we can help! For more information or to schedule a **FREE Asthma Home Walkthrough** just call the **West Allis Health Department** at **414-302-8609** to speak with one of our trained staff.

