



**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.

