

WHY **CLEANING** IS IMPORTANT FOR **ASTHMA CONTROL**



Many things can bring on or trigger an asthma flare-up or attack. Cleaning can help lessen exposure to common home triggers, and reduce the number of asthma attacks that someone has.

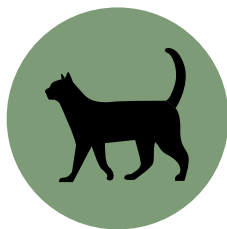
MOST COMMON HOME ASTHMA TRIGGERS



Smoking



Mold and Mildew



Animal Dander



Dust Mites



Cockroaches

Why does cleaning matter?

Without cleaning, dust, mildew, and mold can build up over time. This can cause asthma symptoms to be worse. Cleaning is a simple way to help keep asthma symptoms under control.

Some cleaning products contain strong chemicals and scents that can also trigger asthma attacks.



Try using green cleaning products when possible

QUICK CLEANING TIPS

- Reduce clutter that tends to collect dust
- Open windows and run fans while cleaning
- Vacuum weekly to minimize the build-up of dust
- Use dust mite-proof covers on pillows and mattresses when possible, and wash bedding in hot water (130° F) weekly

Create a weekly **cleaning plan** to minimize triggers and to help take control of your asthma symptoms!



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Information adapted from aaaai.org and cleaninginstitute.org