

# Asthma Triggers & How To Reduce Exposure



## Tobacco Smoke or Other Types of Smoke

- Go smoke-free.
- Keep your home and car smoke and vape-free.
- Visit [MaineQuitLink.com](https://www.mainequitlink.com) or call 1-800-QUIT-NOW to get help to quit smoking or vaping.



## Colds & Flu

- Get your flu shot every year.
- Practice healthy habits like washing your hands often, staying away from people who are coughing or sneezing, and regularly cleaning surfaces in your home.



## Smells

*Such as: cleaning products, perfumes, scented candles, incense, or hairspray*

- When possible, use un-scented versions.
- Wet a cloth with cleaning products to wash and clean, don't spray directly on surfaces.



## Outdoor Air Pollution

*Such as: smoke from fires, smog, or car or truck exhaust*

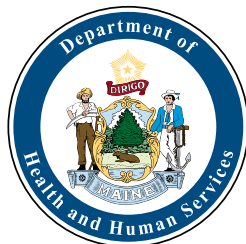
- Use the AirNow app to monitor outdoor air quality.
- When outdoor air pollution is bad or humidity is high, keep your windows closed and use an air conditioner.



## Poor Indoor Air Quality

*Such as: heating, cooling, wood stoves and gas stoves*

- Keep your indoor air clean.
- Clean furnaces, woodstoves, and air conditioning at least once a year.
- Replace filters in your heating and cooling systems.
- Vent all appliances to the outside.



Find out more at  
[maine.gov/dhhs/asthma](https://www.maine.gov/dhhs/asthma)

# Common Asthma Allergens & How To Reduce Exposure



*Some allergies can be asthma triggers. Ask your doctor about allergy testing.*



## **Pollens**

- Keep windows closed when pollen levels are high.
- Use an air conditioner for cooling.



## **Dust Mites**

- Choose 'allergy-safe' mattress and pillow covers.
- Wash your sheets once a week and your bedspreads, quilts, and blankets every month.
- Vacuum carpets, rugs, and cloth furniture often.
- Keep stuffed animals and throw pillows out of your home.



## **Furry or Feathered Pets**

- Keep furry and feathered animals out of your home. If that's not possible, keep them out of your bedroom and off all fabric-covered furniture.
- Vacuum often.



## **Pests**

*Such as: cockroaches and rodents*

- Store food and trash in closed containers.
- Clean dishes, crumbs, and spills.
- Check out [www.gotpests.org](http://www.gotpests.org) to learn more about dealing with pests.



## **Mold**

- Reduce moisture in your home.
- Use fans when showering and cooking or open a window to let steam escape.
- If water is getting in through a leaky roof or pipe, fix them as soon as you can.
- Visit [www.maineindoorair.org/iaq-in-rental-properties](http://www.maineindoorair.org/iaq-in-rental-properties) if you're a landlord or tenant looking for mold or moisture tips.