



Managing Asthma at Home

For individuals and caregivers living with asthma

Give asthma self-management tips, Empower patients & caregivers, and Save money by preventing hospitalizations.

Know & Avoid Triggers

We are all different; know your triggers so you can avoid them and prevent an asthma attack.

Think of potential allergens when traveling or re-locating.

Allergens

Dust mites
Animal dander
Molds
Pollen
Cockroach droppings

Irritants

Tobacco smoke
Air pollution
Smoke from burning
Strong odors or fumes
Air fresheners
Vaping

Other

Exercise/sports
Medications like aspirin/
ibuprofen
Toxic stress/emotional triggers
Viral and bacterial infections
Acid reflux
Weather changes
Recent re-location

How to Reduce Asthma Triggers

- Limit exposure to allergens
- Use asthma-friendly cleaning supplies
- Keep your home free of pests
- Have an Asthma Action Plan
- Have a skin prick or blood test done
- Have an Asthma Control Test (ACT)
- Visit the Environmental Protection Agency's website to learn more about trigger reduction (www.epa.gov/asthma)

Limit Exposure to Allergens by

- Wash pets once a week
- Keep pets out of the bedroom
- Do not allow smoking in your home or car
- Clean damp areas, like bathrooms, often.
- Remove objects that collect dust from the bedroom
- Use asthma-friendly cleaning supplies

Asthma Action Plans

Make sure to take your Asthma Action Plan to your next Primary Care Provider visit so it can be updated. If you don't have an Asthma Action Plan, ask your doctor about creating one. Visit <https://allergyasthmanetwork.org/what-is-asthma/asthma-action-plan/> for examples of Asthma Action Plans.

Asthma-Friendly Cleaning



Some cleaning supplies or household products can contain harmful products. Recipes for easy, inexpensive, non-polluting, and non-toxic cleaning supplies can be found online and typically include inexpensive materials listed below (green). Look for the "**Safer Choice**" label or visit: <https://www.epa.gov/saferchoice/products> for a full list of products.

- White Vinegar
- Fresh citrus - lemons, oranges, limes and/or grapefruits
- Baking Soda
- Castile and Dawn soap
- Isopropyl alcohol
- Hydrogen peroxide
- Salt
- Essential oils (only use if they don't trigger your asthma) like Tea tree, lavender, orange and lemon oils

Tobacco Free
Florida
.com

Effects of Second-Hand Smoke & Asthma

Tobacco smoke is one of the most common asthma triggers, putting the 1.6 million Floridians with asthma at risk for an attack. Secondhand smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer. Children with asthma are particularly vulnerable to secondhand smoke exposure. Approximately 1 in 10 children in Florida have asthma, and studies have shown that asthma-affected children who are around secondhand smoke have more severe and frequent attacks. Referrals should be made to the Quit Your Way resources: <http://tobaccofreeflorida.com/quityourway/>

Know Your Equipment



Peak flow
meter



Inhaler with
Spacer



Nebulizer

These are examples of common equipment used.
Always talk to your doctor about which medication is right for you.

Resources

The Florida Department of Health
(850) 245-4444
health@flhealth.gov

Florida Asthma Coalition
FLAsthmaCoalition@gmail.com
(561) 844-4220 x2900

Allergy & Asthma Network
1 (800) 878-4403
www.allergyasthmanetwork.org

**American College of Allergy,
Asthma & Immunology**
www.acaai.org

American Lung Association
www.lung.org/lung-health-and-disease/lung-disease-lookup/asthma/
1 (800) 586-4872

**Asthma and Allergy Foundation
of America**
1 (800) 727-8462
www.aafa.org

**Centers for Disease Control
and Prevention**
1-800-CDC-info
www.cdc.gov/asthma

Your local County Health Department

U.S. Environmental Protection Agency
www.epa.gov/asthma
www.airnow.gov
www.enviroflash.info