What can you do? Reduce smoke and use of strong smelling products

♦ Take it outside! Ask friends and family to smoke outside; cigarette smoke can trigger asthma attacks.
♦ Do not burn incense or candles inside your home. The smoke and the strong smell can irritate the airways.
♦ Open windows when cooking to help keep your home smoke-free.

What can you do? Limit your contact with allergens

♦ Use Integrated Pest Management (IPM) — it’s a low-toxic way to get rid of cockroaches and mice.
  ◊ Seal cracks and fix leaks—this prevents pests from entering.
  ◊ Choose a designated eating area; it makes clean-up of crumbs much easier.
  ◊ Clean dishes in the sink and take out the trash every night.
  ◊ Avoid spray pesticides! Use gel or bait traps instead.
♦ Dust with a damp cloth frequently; it picks up dust that often contains harmful allergens and chemicals that could bother an asthmatic.

What can you do? Support clean air campaigns

♦ Creating a healthy environment is important to combat asthma! Join one of these organizations or look for others that are fighting for healthier air quality in your community.
  ◊ WE ACT for Environmental Justice
  ◊ Sustainable South Bronx
  ◊ Youth Ministries for Peace and Justice (YMPJ)