



# Center's Tip of the Month: Asthma Awareness

-- Tips for controlling asthma triggers--

May is Asthma Awareness Month! Reducing environmental triggers is one of the best ways to control symptoms. Making simple changes in daily routines can decrease the severity of asthma for you or your loved ones. Allergens and irritants, such as cockroaches, mice, smoke and strong smells, can cause airways to react. Use these simple tips to remove asthma triggers from your home.



## Tips & Resources

**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 \(YMPJ\)](#)



Have questions? Want to learn more? Please email us at [cccehcolumbia@gmail.com](mailto:cccehcolumbia@gmail.com)!



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