

Hazard: Asthma

Identity of Hazard(s): Asthma is a serious, sometimes life-threatening chronic respiratory disease. Although there is no cure for asthma yet, asthma can be controlled through medical treatment and management of environmental triggers.¹

Primary Health Outcome(s): Respiratory conditions¹

Health Alert! Americans spend up to 90 percent of their time indoors. Indoor allergens and irritants play a significant role in triggering asthma attacks. Triggers are things that can cause asthma symptoms, an episode or attack or make asthma worse.¹

Gain Control: Actions You Can Take¹

- Don't let anyone smoke near your child. If you smoke — until you can quit, don't smoke in your home or car.
- Vacuum carpet and fabric-covered furniture every week to reduce dust build-up using a high efficiency (HEPA) filter. People with asthma or allergies should leave the area being vacuumed.
- Dust often with a damp cloth.
- Wash bedding in hot water once a week. Dry completely. Use dust proof covers on pillows and mattresses.
- Choose stuffed toys that you can wash. Wash stuffed toys in hot water. Dry completely before your child plays with the toy.
- If you see mold on hard surfaces, clean it up with soap and water. Let the area dry completely.
- Use exhaust fans or open a window in the bathroom and kitchen when showering, cooking or washing dishes to reduce humidity.
- Fix water leaks as soon as possible to keep mold from growing.
- Clean dishes, crumbs and spills right away, store food in airtight containers and seal cracks or openings around or inside cabinets to reduce risk of cockroaches and other pests that can trigger asthma.
- Keep pets outside if possible. If you have to have a pet inside, keep it off of your furniture and out of the bedroom of the person with asthma.
- If possible, use fuel-burning appliances that are vented to the outside. Always follow the manufacturer's instructions on how to use these appliances.
- If you must use a product that contains chemical irritants such as cleaners, paints, adhesives, pesticides, cosmetics or air fresheners, make sure your child is not around and open windows or doors, or use an exhaust fan.

Local Resources for Detroit Residents:

- Asthma and Allergy Foundation of America, Michigan Chapter: (248) 406-4254
- Wayne Children's Healthcare Access Program (Wayne CHAP): (313)863- 2427
- Children's Hospital of Michigan (Asthma, Allergy, & Immunology): (313) 745-5437

¹<http://www.epa.gov/asthma/triggers.html>