

Managing Asthma Triggers in Your Home:

A GUIDE FOR RESIDENTS OF MULTI-UNIT HOUSING

What is Asthma?

Asthma is a common chronic disease that affects the lungs. It often causes wheezing, shortness of breath, chest tightness, and coughing at night or early in the morning. These symptoms are known as an asthma attack. An asthma attack happens when you are exposed to things like dust mites and secondhand smoke. These are called asthma triggers.



Common Asthma Triggers



Dust Mites are tiny bugs you can't see. They live in sheets, blankets, pillows, mattresses, box springs and stuffed toys.



Mold and Mildew grow on wet surfaces like shower curtains, bathtubs, sinks and tiles. They can look like a dark stain.



Secondhand Smoke comes from burning cigarettes, pipes, or cigars. It's also smoke breathed out by someone who is smoking. It can stay on walls and other surfaces for a long time.



Cockroaches leave droppings which can trigger an asthma attack. When they die, their body parts are also triggers.



Pets lick their fur and leave behind an asthma trigger from their saliva called "dander".

What You Should Know About Asthma

- Asthma is a leading cause of hospitalizations for North Carolina children.
- A large percentage of children in North Carolina have asthma.
- Women in North Carolina are almost twice as likely to have asthma as men.
- The number of people with asthma is on the rise.



Chemical Irritants are found in many products with strong smells, like household cleaners, paints and air fresheners.



Nitrogen Dioxide is an odorless gas that can come from using appliances that burn fuels like gas, wood or kerosene.

4 Steps to Manage Your Asthma Triggers

1

Get a doctor's advice.

- Talk with your doctor about an asthma action plan.
- For information on affordable healthcare and prescription drugs, ask your property manager for: **North Carolina Services for People with Asthma**.
- You can also find the information on the N.C. Asthma Program website:
www.asthma.ncdhs.gov

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Talk to your property manager about inviting an asthma educator to give a presentation at your property.

- To schedule a presentation, call **919-707-5213** or visit the N.C. Asthma Program website:
www.asthma.ncdhs.gov

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Know your asthma triggers and determine which ones need attention in your home.

- For information on asthma triggers in the home, please visit the Environmental Protection Agency (EPA) website:
www.epa.gov/iaq

4

Follow guidelines to reduce asthma triggers in your home.

- Ask your property manager for: *Guidelines for Residents to Reduce Asthma Triggers*.



Additional Asthma Resources



N.C. Asthma Program
www.asthma.ncdhs.gov
919-707-5213



Centers for Disease Control and Prevention (CDC)
www.cdc.gov/asthma



American Lung Association in N.C.
www.lungnc.org

1-800-892-5650 OR
919-719-9960



Environmental Protection Agency (EPA)
www.epa.gov/iaq



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This publication was supported by Grant/Cooperative Agreement Number U59EH000518 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.