

KEEP IT VENTILATED

WHY? Pollutants such as mold and dust are asthma triggers!

- Check that the air conditioning and heat work properly
- Change heating and air conditioning HVAC filter as recommended on their package
- Open windows when possible
- Check that bath and kitchen fans ventilate outside
- Run kitchen and bathroom exhaust fans for at least 20 minutes when showering and cooking.

KEEP IT SAFE

WHY? To keep dangerous chemicals, which can be asthma triggers, away from children

- Keep chemicals, medicine, and weapons locked up

KEEP IT MAINTAINED

WHY? A maintained home can reduce asthma triggers!

- Ensure that smoke and carbon monoxide detectors are working properly
- Annually inspect gutters, furnace, gas appliances, air conditioner, and plumbing fixtures

KEEP IT THERMALLY CONTROLLED

WHY? Extreme temperatures can lead to asthma symptom exacerbation.

- Maintain adequate temperatures indoors
- Apply weather stripping around windows and doors

ABOUT US:

The Indiana Healthy Homes Alliance is a collaboration of state and local agencies and non-profit organizations that work to promote healthy housing for all Indiana residents.

The IHHA is a program under Improving Kids' Environment, a 501(c)3 non-profit organization focused on children's environmental health.

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ADDITIONAL RESOURCES:

Centers for Disease Control and Prevention:
<http://www.cdc.gov/asthma/default.htm>

Environmental Protection Agency:
<http://www.epa.gov/iag/asthma.htm>

National Center for Healthy Homes:
<http://www.nchh.org/>

**Indiana State Department of Health
Asthma Program:**

<https://secure.in.gov/isdh/17279.htm>

Telephone: (317) 234-7631



INDIANA HEALTHY HOMES
ALLIANCE

**Asthma Friendly
Healthy Homes**

**MANAGING
ASTHMA IN THE
HOME**



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