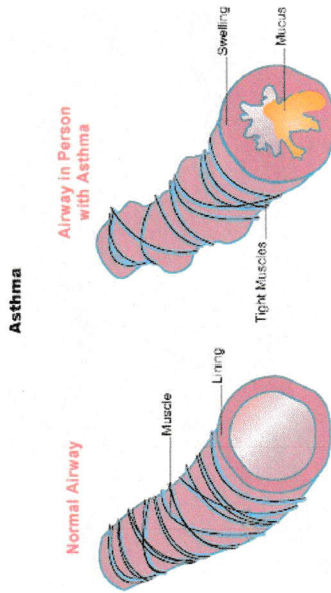


## WHAT IS ASTHMA?

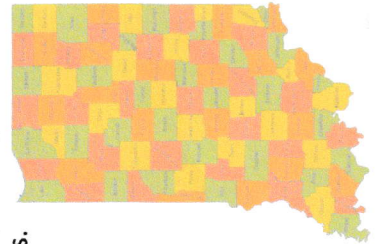
Asthma is a condition in which your airways narrow, swell and produce extra mucus. This can make breathing difficult and trigger coughing, wheezing and shortness of breath.



For some people, asthma can be a major problem that interferes with daily activities and may lead to a life threatening asthma attack. **Asthma cannot be cured, but its symptoms can be controlled.**

## ASTHMA IN INDIANA:

- In 2013, 10.3% of Indiana adults 9.9% of children reported currently having asthma.
- Females have higher prevalence (13.2%) than males (7.3%), higher rates of hospitalizations and emergency room visits, and higher mortality rates than males.



- In 2013, Black residents were hospitalized more than 3 times more often than white residents.

## WHAT ARE ASTHMA TRIGGERS?



**Asthma affects individuals in different ways. A trigger for one asthmatic may or may not be a trigger for another.**

## HOW TO CONTROL ASTHMA TRIGGERS:

A healthy home meets "Eight Principles", according to the National Center for Healthy Housing. You can control asthma in the home by paying attention to key components of this checklist.

### 8 Principles for Healthy Homes

- Keep it Dry
- Keep it Clean
- Keep it Pest Free
- Keep it Ventilated
- Keep it Contaminate Free
- Keep it Safe
- Keep it Maintained
- Keep it Thermally Controlled

## KEEP IT DRY

### WHY? Mold spores are asthma triggers!

- Check for water stains and wet spots under windows, near doors and appliances, and around toilets, tubs and showers
- Fix leaky plumbing or other sources of moisture as soon as they are detected.

## KEEP IT CLEAN

### WHY? Dust mites feed on dust and are asthma triggers!

- Clean carpets twice a year and use a HEPA filtered vacuum weekly
- If possible, avoid carpeting altogether and have hard floors
- Dust with a damp or microfiber
- Wash bedding with hot water weekly
- Clean dishes frequently

## KEEP IT PEST FREE

### WHY? Droppings from cockroaches and rodents are asthma triggers!

- Clean up crumbs and spills right away
- Store food in air tight containers
- Use a trash can with a lid and empty garbage weekly
- Seal cracks and openings where pests may enter
- Use an Integrated Pest Management approach to eliminate pests

## KEEP IT CONTAMINATE FREE

### WHY? Pollutants such as paints, air fresheners, cleaners and tobacco are asthma triggers!

- Remove harsh chemicals from the home and switch to green cleaning products
- Avoid smoking indoors