

KEEP IT CLEAN

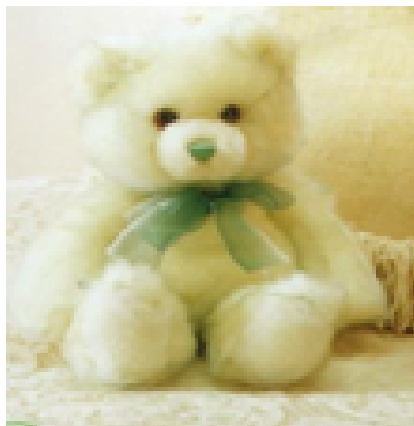
ASTHMA TRIGGER

DUST MITES

- **Tiny insects that eat dead skin**
- **Skin collects on anything fluffy**
- **The warmer and more humid the atmosphere, the more dust mites**
- **Digestive juice proteins from the mite gut are potent allergens**



ASTHMA ACTION STEPS



- **Allergen-proof mattress and pillow case covers**
- **Wash linens in hot water once a week and dry linens in dryer on the highest heat setting possible**
- **Reduce carpeting or vaccum carpet at least 1x week using a vaccum with a HEPA filter or disposable bag**
- **Keep stuffed toys off beds and wash them in hot water and dry on high heat**

ASTHMA TRIGGER

PET DANDER

- **Dander or the proteins in skin flakes, saliva, urine and feces are allergens**
- **Proteins are small particles that are carried through the air**
- **All pets (long/short hair) shed a certain amount of allergen protein**
- **After removal, it may take months to reduce allergen level**
- **Dander can be brought into the home easily**



ASTHMA ACTION STEPS

- **Consider keeping pets outdoors, reduce exposure or even finding a new home for your pets, if necessary.**
- **Consider bathing the animal weekly to reduce allergen exposure**
- **Keep pets out of the bedroom and off the bed at all times**
- **Keep pets away from fabric-covered furniture, carpets and stuffed toys.**