




# Preventing Asthma Attacks

 **Step 1-Talk to a Doctor**  
Ask your doctor to help you set up and maintain an asthma action plan. Your plan may include medication and the list of your asthma triggers.

 **Step 2-Make a Plan**  
Learn to control your asthma triggers. Learn how to identify and remove common asthma triggers. While everyone's experience may be different, you can learn the specific triggers that cause you to have an asthma attack and remove them from your home, and take basic steps to remove triggers from your environment.

 **Step 3-Monitor & Journal**  
Monitor your progress using a daily asthma journal and peak flow meter. Using these can help you ensure your asthma is under control. Monitoring may help you identify triggers you were previously unaware of.

**For More Information  
on Asthma Call:  
1-866-203-1039**

Learn more about asthma by visiting:  
**[www.aatchb.org/asthma/](http://www.aatchb.org/asthma/)**



**Aberdeen Area Tribal Chairmen's Health Board  
Northern Plains Tobacco Prevention Project**

1770 Rand Road  
Rapid City, SD 57702

**Phone:** 605-721-1922

**Fax:** 605-721-1932

**Toll-Free:** 1-866-203-1039

**E-mail:** [healthed@aatchb.org](mailto:healthed@aatchb.org)

**[www.aatchb.org/asthma/](http://www.aatchb.org/asthma/)**

Aberdeen Area  
Tribal Chairmen's Health Board  
Northern Plains Tobacco Prevention Project



**Controlling  
Asthma at  
HOME**

## What is Asthma?

Asthma is the most common chronic childhood disease.

Asthma is a lung disease causing inflammation of the airways resulting in episodes of wheezing, tightness of the chest, coughing, and breathlessness.

Asthma is a rapidly growing concern for children residing in Northern Plains tribal communities.

## What Causes an Attack?

- All the things that can cause an asthma attack are called triggers.
- Homes can be full of asthma triggers.
- Air pollution, certain foods, exercise, and the weather can also trigger asthma.



## INDOOR ENVIRONMENTAL TRIGGERS

Second Hand Smoke

Dust Mites

Molds

Pets

Cockroaches and Pests

Nitrogen Dioxide

## Home Safety

**The quality of indoor air is important!** Families can do a lot to improve the quality of air in the home by:

**Eliminating Mold** - If you see mold clean it up with soap and water. Be sure to dry surfaces completely. Wet surfaces in the bathroom and kitchen can lead to the growth of mold.

**Exterminating Dust Mites** Wash blankets, sheets, and stuffed animals. Then dry completely. Be sure to dry all laundry completely. Placing stuffed animals in the freezer overnight can eliminate dust mites. Pillow protectors and mattress covers can reduce your child's exposure to dust mites in their bedding.

**Keeping Pets Outside** - Pet dander from cats and dogs can trigger attacks. Pets should never be allowed to sleep in the same room. In some instances pets should be kept outside.

**Using the Exhaust Fan** - especially when using chemical cleaners, taking a shower, or cooking.

**Taking the Smoke-Free Home Pledge** - Asthma can be triggered by smoke in the home, call 1-866-203-1039, and take the smoke-free pledge and keep your home safe.