

Take Control of Asthma Don't Let it Control You!



Eliminate 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.

Exterminate 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.

Keep 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.

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

Take 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.



For more information, call or contact
Asthma Prevention Campaign
Northern Plains Tobacco Prevention Project
Aberdeen Area Tribal Chairmen's Health Board
www.aatchb.org/asthma/ or call 1-866-203-1039

