

## Lesson 3: Breathing Easy: Keeping the Inside of Our Homes Healthy and Clean

### Asthma Triggers Hunt

Can you identify the asthma triggers in the image below?

**Hint:** There are 3 asthma triggers in the kitchen.

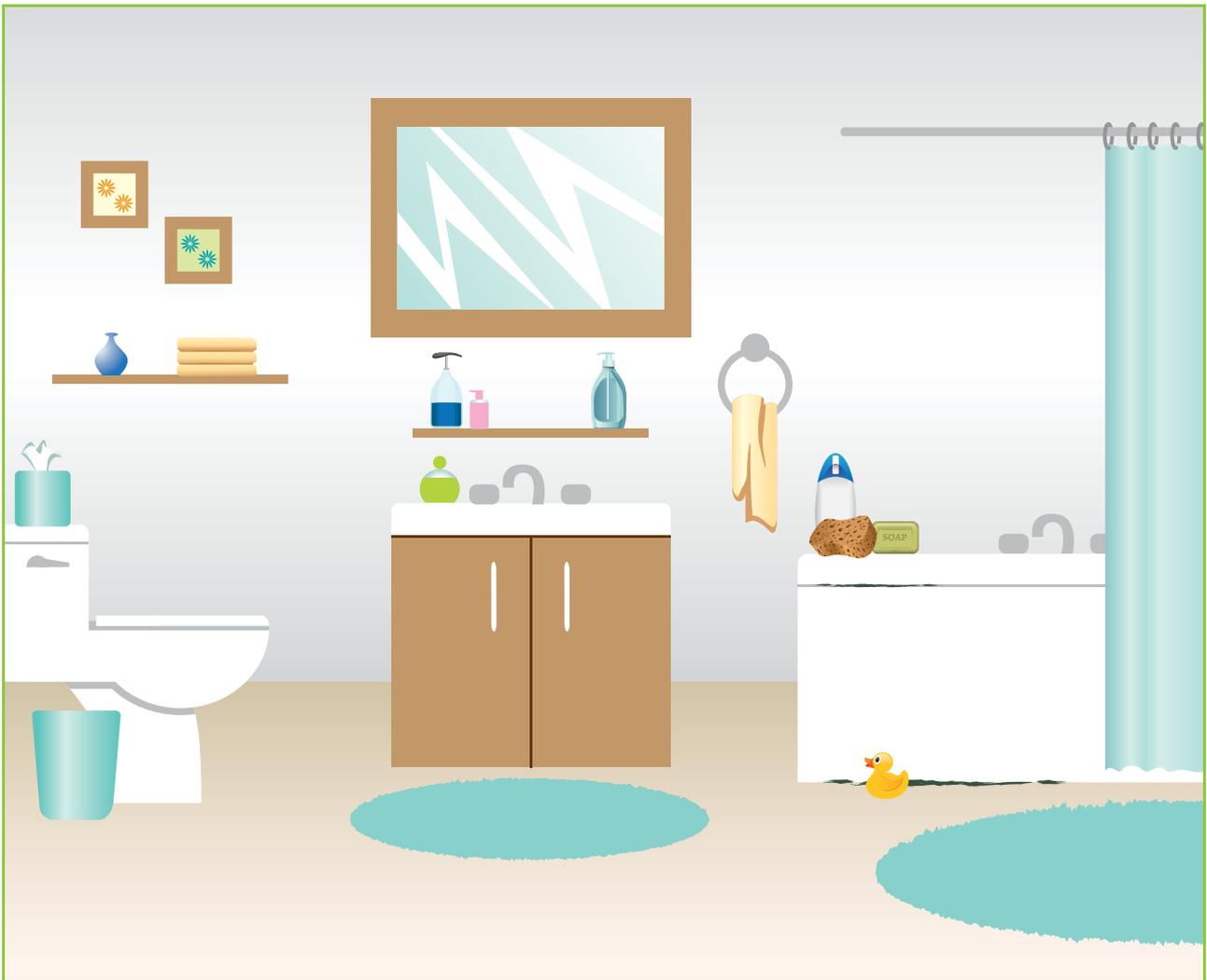


*(continued on other side)*

## Asthma Triggers Hunt *(continued – page 2)*

Can you identify the asthma trigger in the image below?

**Hint:** There is 1 asthma trigger in the bathroom.



## Asthma Triggers Hunt *(continued – page 3)*

Can you identify the asthma triggers in the image below?

**Hint:** There are 3 asthma triggers in the living room.

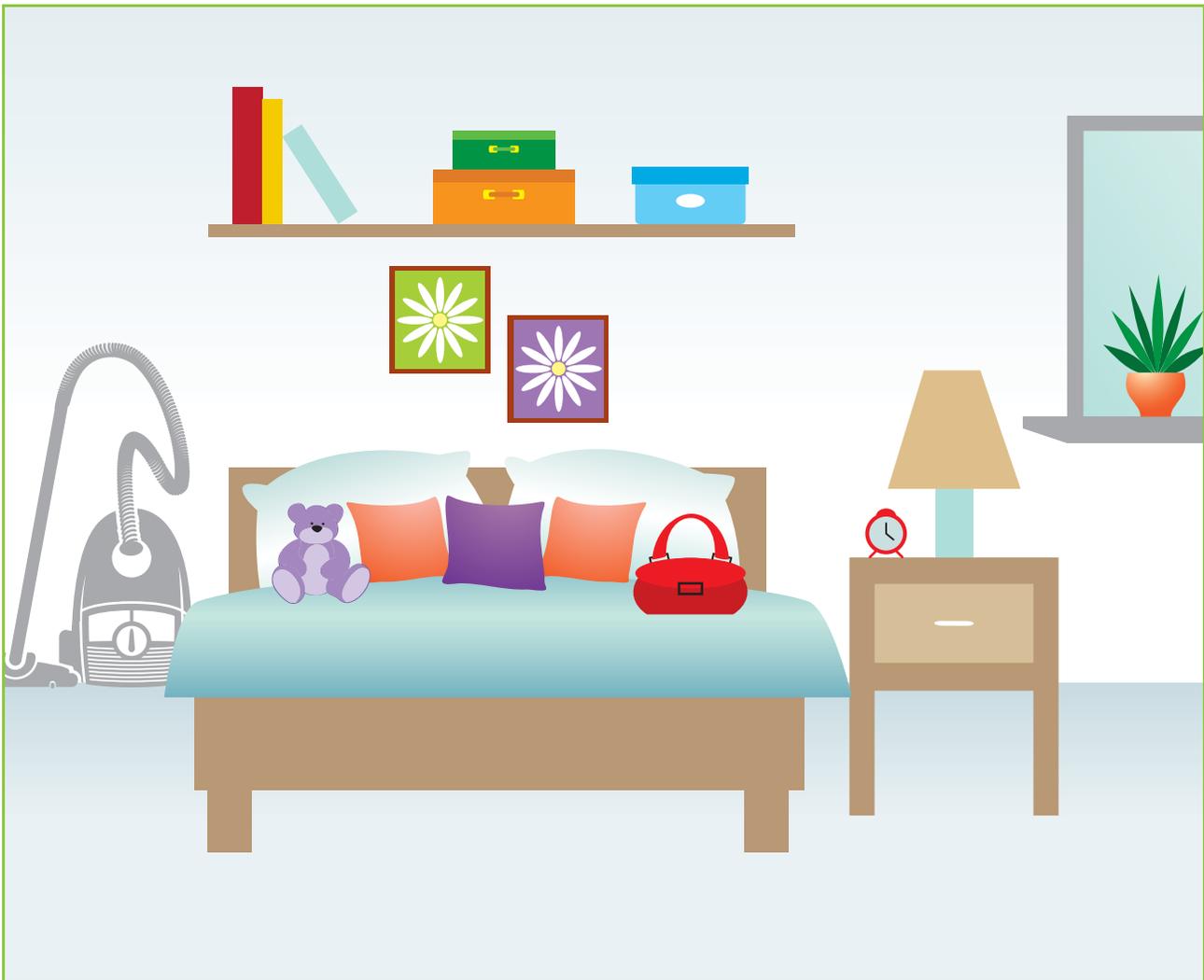


*(continued on other side)*

## Asthma Triggers Hunt *(continued – page 4)*

Can you identify the asthma triggers in the image below?

**Hint:** There are 2 asthma triggers in the bedroom.



# Lesson 3: Breathing Easy: Keeping the Inside of Our Homes Healthy and Clean

## Asthma Triggers Hunt Answers

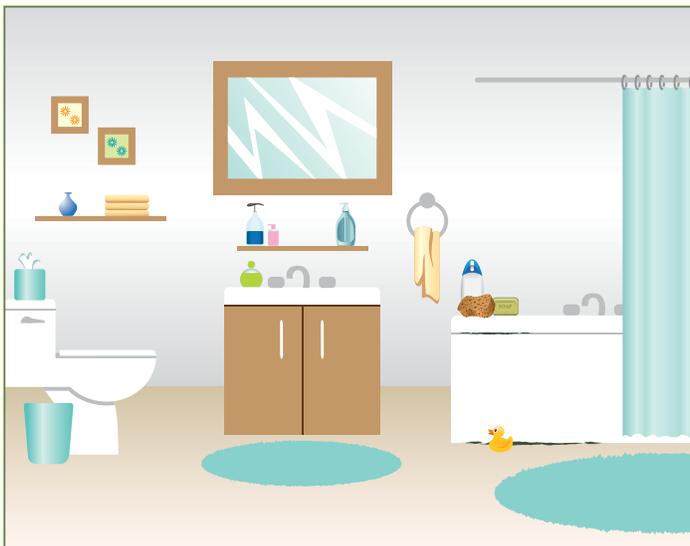
### Kitchen

Cleaners used to clean the kitchen and pesticides used to keep pests away from produce can irritate your lungs and cause breathing difficulties.

- **Some things you can do:** Keep the kitchen clean and free of food crumbs. If you are using cleaners or pesticides, be sure to ventilate the room. Buy produce that is organic and pesticide free.

Stoves that use gas create a risk for carbon monoxide poisoning.

- **Some things you can do:** Adults should ensure that stoves vent to the outside and that all appliances are used properly.



### Bathroom

Bathrooms are a common source of mold and mildew that can cause asthma or allergy attacks.

- **Some things you can do:** Install and use a bathroom fan to control moisture and help stop mold growth.

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## Living Room

Pets can trigger asthma and allergy attacks because of the dander in their fur.

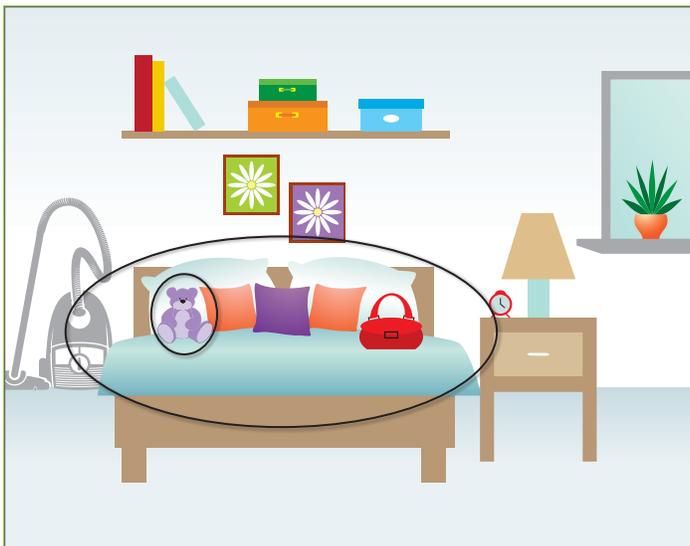
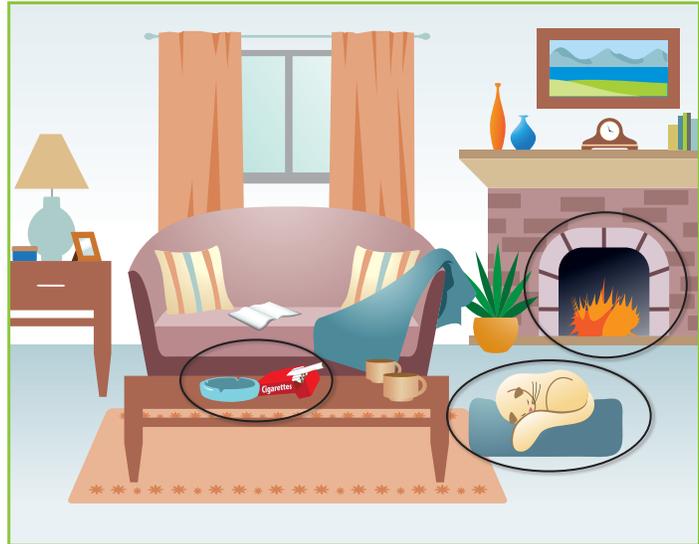
- **Some things you can do:** Keep pets out of sleeping areas and off furniture, vacuum carpets, and clean upholstered furniture often.

Secondhand smoke can trigger asthma attacks and other breathing illnesses.

- **Some things you can do:** Encourage smokers to quit; adults shouldn't smoke inside.

Fireplaces and leaking chimneys are sources of carbon monoxide poisoning.

- **Some things you can do:** Rooms with fireplaces should be well ventilated and adults should be sure to open the flue damper and properly seal the chimney.



## Bedroom

Dust mites are found in pillows, blankets and other bedding, stuffed animals, carpets, and furniture and can trigger an asthma attack.

- **Some things you can do:** Wash your bedding once a week in hot water, keep stuffed animals off of your bed, use an allergen-free mattress cover, keep the humidity in your house low (between 30% and 50%), vacuum once a week, and wipe down hard surfaces with a damp cloth.