



**Asthma 1800 44 54 64**  
Adviceline: Mon - Fri: 9am ~ 5pm



# Asthma Friendly Homes

## Simple steps to an asthma friendly home

Asthma is a common chronic disease which inflames the airways. The airways are the small tubes that carry air in and out of the lungs. Asthma is made worse by coming into contact with certain things. These are called triggers.

It is important to be aware of triggers to minimise their effects and if possible, avoid them. The home environment can present a number of triggers which can aggravate asthma. Overleaf are some common triggers in the home and some tips for creating an asthma friendly home.

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**The Asthma Society of Ireland. Fighting asthma with every breath.**

Charity registration number CHY6100 (Ireland). Asthma Society of Ireland, 42/43 Amiens Street, D1.



# Asthma Friendly Homes



## Vacuuming

- Replace carpets with tiles/wood flooring
- Vacuum your mattress weekly with a specially designed mattress vacuum cleaner
- Consider a vacuum with specially designed tools for removing pet hair



## Dust Mites

- Use anti-dust mite covers on bedding
- Wash bedding weekly at 60 degrees
- Dust regularly using a damp cloth
- Avoid soft toys especially in the bedroom



## Pets

- Where possible, keep pets outdoors
- Keep pets out of bedrooms and ensure the doors are closed at all times
- Keep pets away from fabric covered furniture, carpets and stuffed toys



## Mould

- Fix any leaks around taps or pipes which are damaged
- Ensure good indoor ventilation and air rooms regularly
- Avoid drying clothes indoors or on radiators



## Smoke

- Avoid tobacco smoking, especially indoors
- Avoid wood fires, kerosene heaters and open fires in the home
- Turn on extractor fans when cooking



## Air Quality

- Minimise the use of chemical cleaning products
- Use natural/odourless cleaning products where possible
- Consider a purifier with a built-in air quality sensor to remove allergens and pollutants from the air
- Consider a humidifier to hydrate the air