



PRESENTED BY:



Lesson 5 – Lung Health Managing Your Asthma

There are a variety of allergens and irritants that can trigger an asthma attack.

Minimizing exposure to both can help someone suffering from asthma to manage their attacks. Allergens come in many shapes and sizes and many can be avoided through basic cleanliness and a controlled environment. Some allergens include:

Dust Mites (*Tiny insects that live inside bedding, furniture and drapes*)

Vacuuming and washing linens regularly can cut down on dust mites. Protective covers can also be used on both your pillow and mattress – these covers can be washed, while washing your mattress may not be an option.

Pets (*Dandruff, shedding fur, pet waste*)

If you are allergic to animals, avoid being in constant proximity of animals. If you have a family pet, don't let your pet spend large amounts of time in the areas where you spend the most time (i.e. your bedroom, or your favorite spot on the couch). It can also be helpful to make sure that your animal is well groomed to cut down on dandruff and shedding.

Pollen (*Tree Pollen, weed pollen, grass pollen, etc.*)

Keeping doors and windows closed can cut down on the amount of pollen you are exposed to. It is also helpful to know that pollen counts are at their highest in the late mornings and in the afternoon – it may prove helpful to avoid being outdoors at these times.

Mold

Mold grows best in areas of high humidity (bathrooms are a great place for mold to grow as the humidity from your shower provides the perfect environment for mold to grow). Ensuring that all leaks are handled appropriately and all surfaces with the potential to mold are cleaned with bleach can help to cut down on mold indoors.

GET EDUCATED: The American Lung Association provides a free program called *Open Airways for Schools* that educates and empowers students to become proactive in asthma self-management. The program teaches students how to detect warning signs of asthma, and how to identify and avoid asthma triggers. To bring *Open Airways for Schools* to your classroom email the following information to cfallik@lungs.org or call (405) 748-4674.

Teachers Name: _____

School Name: _____

Contact Email: _____

Contact Phone Number: _____

You can also mail this form to 730 W. Wilshire Blvd, Suite 105, Oklahoma City, OK 73116

You can find more information at

www.LUNGFORCE.org



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