

ALLERGEN ATTACK!

A JOB FOR...

The MICRO FORCE



CLEAR YOUR HOME OF ASTHMA TRIGGERS



SECONDHAND SMOKE

Asthma can be triggered by the smoke from the burning end of a cigarette, pipe, or cigar and the smoke breathed out by a smoker.

- ☐ Choose not to smoke in your home or car and do not allow others to do so either.

DUST MITES



Dust mites are too small to be seen but are found in every home.

Dust mites live in mattresses, pillows, carpets, fabric-covered furniture, bedcovers, clothes, and stuffed toys.

- ☐ Wash sheets and blankets once a week in hot water.
- ☐ Choose washable stuffed toys, wash them often in hot water, and dry thoroughly. Keep stuffed toys off beds.
- ☐ Cover mattresses and pillows in dust-proof (allergen-impermeable) zippered covers.

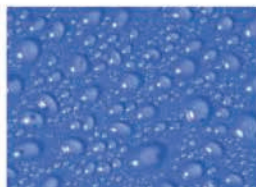
PETS

Your pet's skin flakes, urine, and saliva can be asthma triggers.



- ☐ Consider keeping pets outdoors or even finding a new home for your pets, if necessary.
- ☐ Keep pets out of the bedroom and other sleeping areas at all times, and keep the door closed.
- ☐ Keep pets away from fabric-covered furniture, carpets, and stuffed toys.

MOLDS



Molds grow on damp materials. The key to mold control is moisture control. If mold is a problem in your home, clean up the mold and get rid of excess water or moisture. Lowering the moisture also helps reduce other triggers, such as dust mites and cockroaches.

- ☐ Wash mold off hard surfaces and dry completely. Absorbent materials, such as ceiling tiles and carpet, with mold may need to be replaced.
- ☐ Fix leaky plumbing or other sources of water.
- ☐ Keep drip pans in your air conditioner, refrigerator, and dehumidifier clean and dry.
- ☐ Use exhaust fans or open windows in kitchens and bathrooms when showering, cooking, or using the dishwasher.
- ☐ Vent clothes dryers to the outside.
- ☐ Maintain low indoor humidity, ideally between 30-50% relative humidity. Humidity levels can be measured by hygrometers which are available at local hardware stores.

PESTS



Droppings or body parts of pests such as cockroaches or rodents can be asthma triggers.

- ☐ Do not leave food or garbage out.
- ☐ Store food in airtight containers.
- ☐ Clean all food crumbs or spilled liquids right away.
- ☐ Try using poison baits, boric acid (for cockroaches), or traps first before using pesticidal sprays.

If sprays are used:

- ☐ Limit the spray to infested area.
- ☐ Carefully follow instructions on the label.
- ☐ Make sure there is plenty of fresh air when you spray, and keep the person with asthma out of the room.



Not all of the asthma triggers addressed in this brochure affect every person with asthma. Not all asthma triggers are listed here. See your doctor or health care provider for more information.

ALSO...

HOUSE DUST may contain asthma triggers. Remove dust often with a damp cloth, and vacuum carpet and fabric-covered furniture to reduce dust build-up. Allergic people should leave the area being vacuumed. Using vacuums with high efficiency filters or central vacuums may be helpful.

When your local weather forecast announces an **OZONE ACTION DAY**, stay indoors as much as possible.

FOR MORE INFORMATION:

U.S. Environmental Protection Agency
<http://www.epa.gov/iaq>

EPA Indoor Air Quality Information Clearinghouse
(800) 438-4318

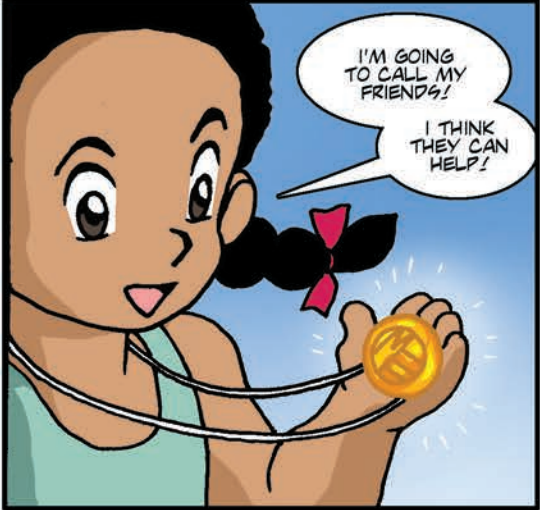
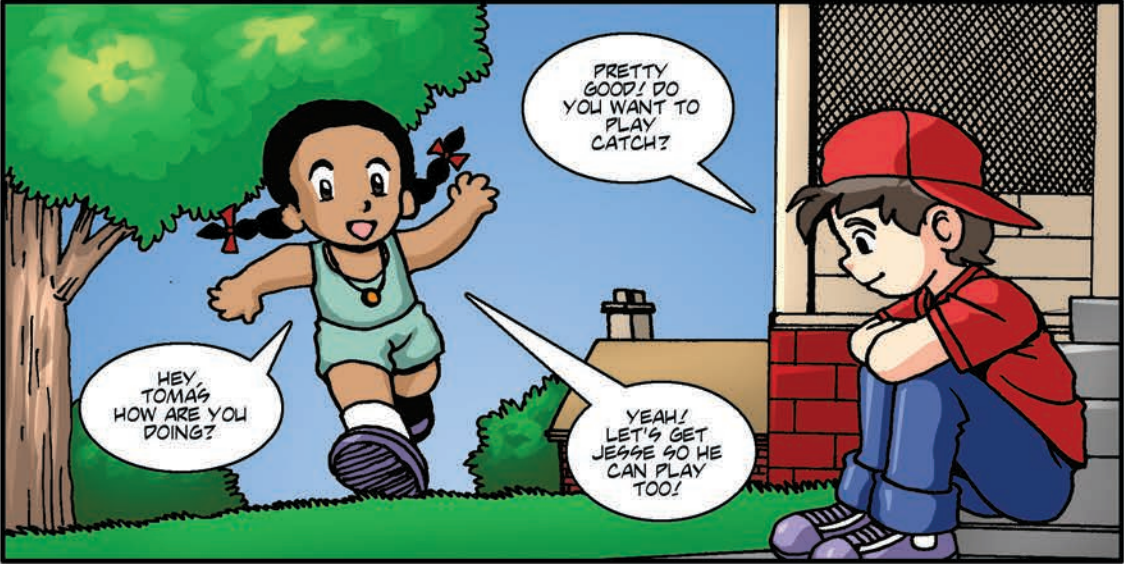
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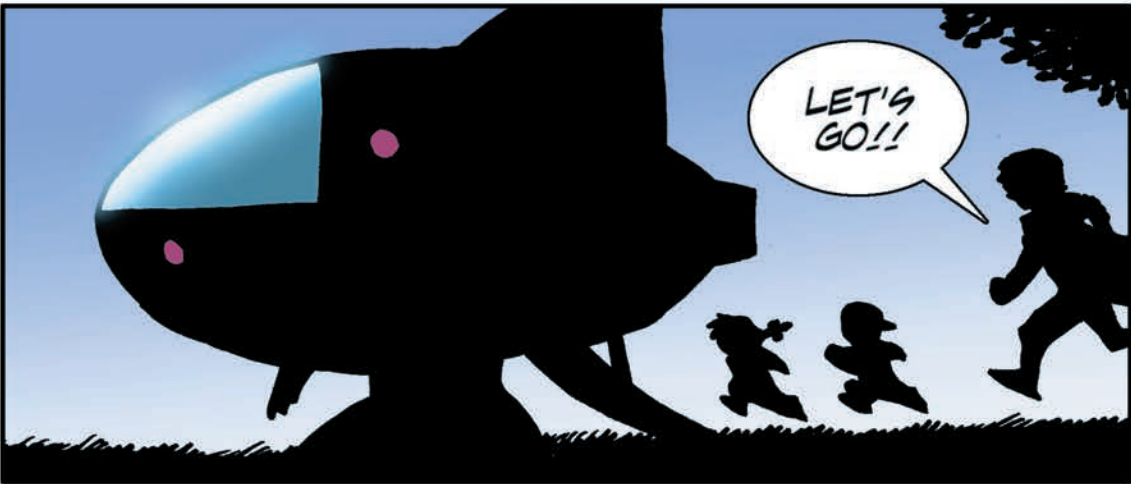
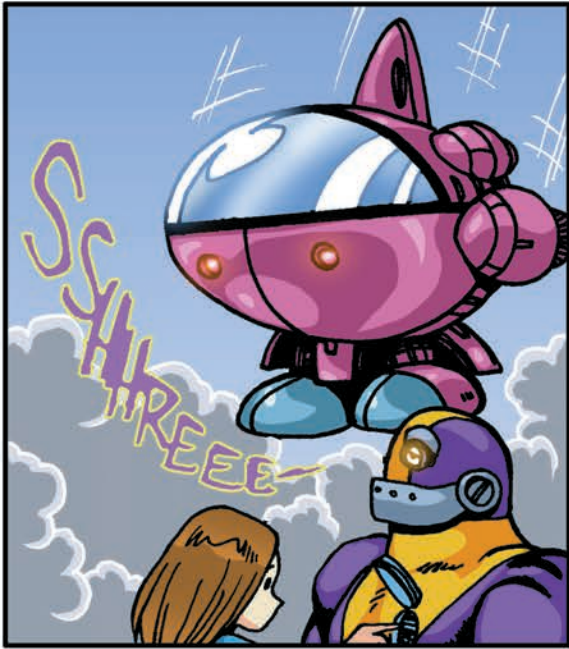
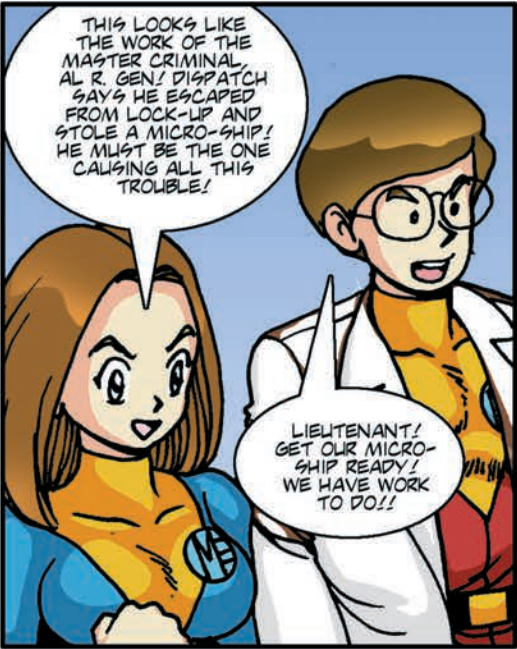
THE MICRO FORCE

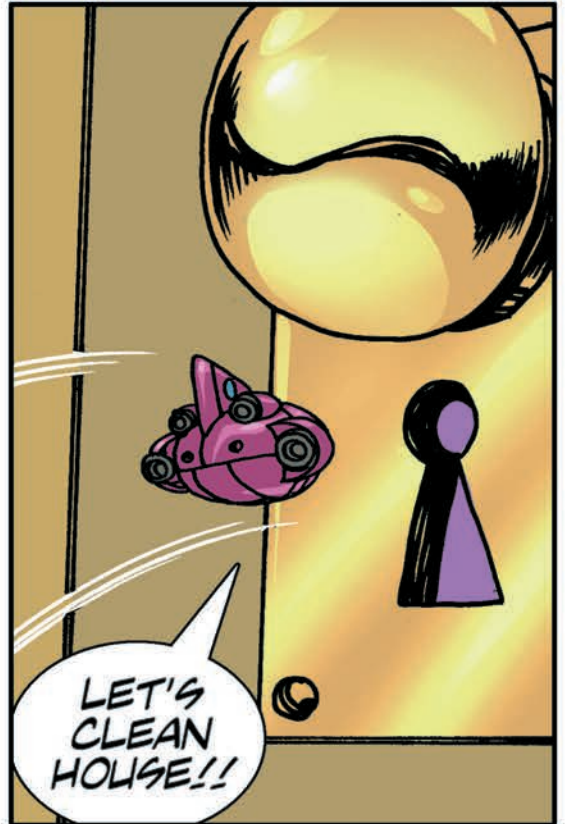
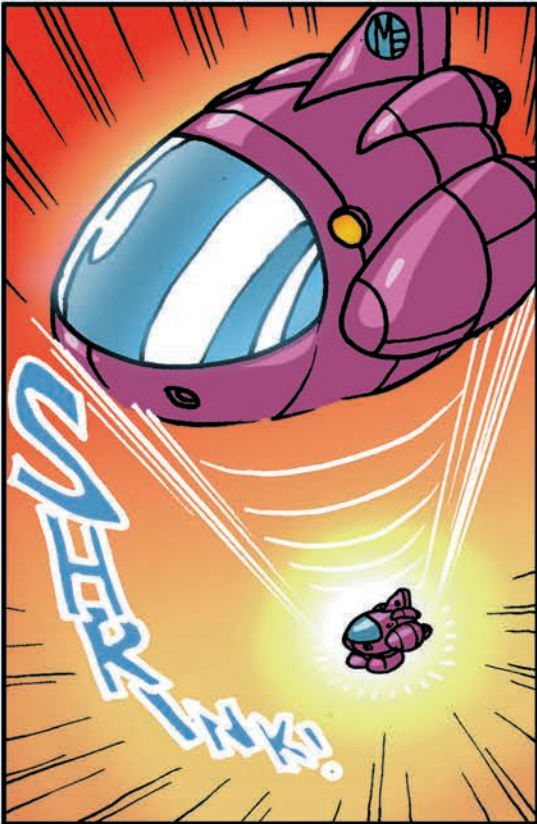
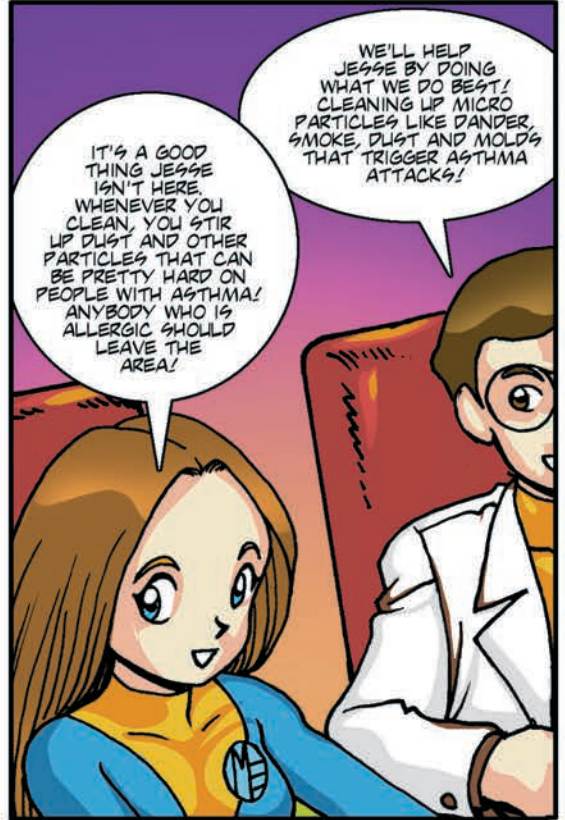
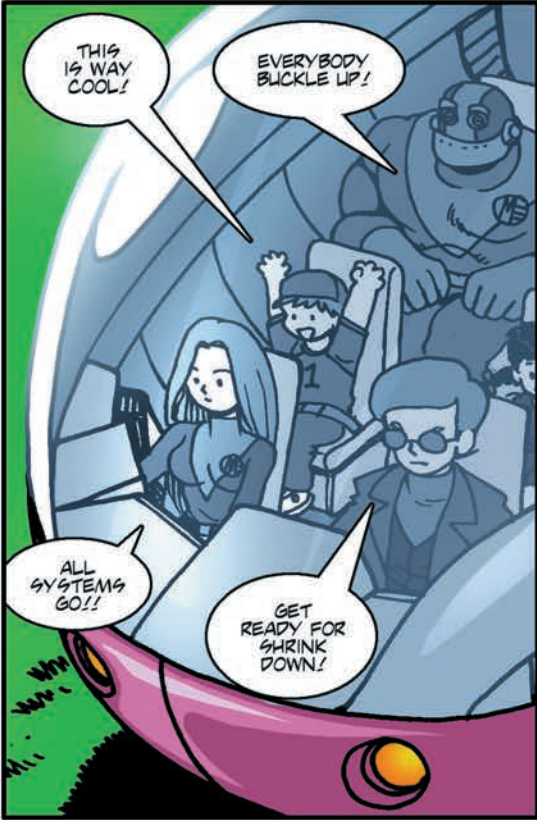
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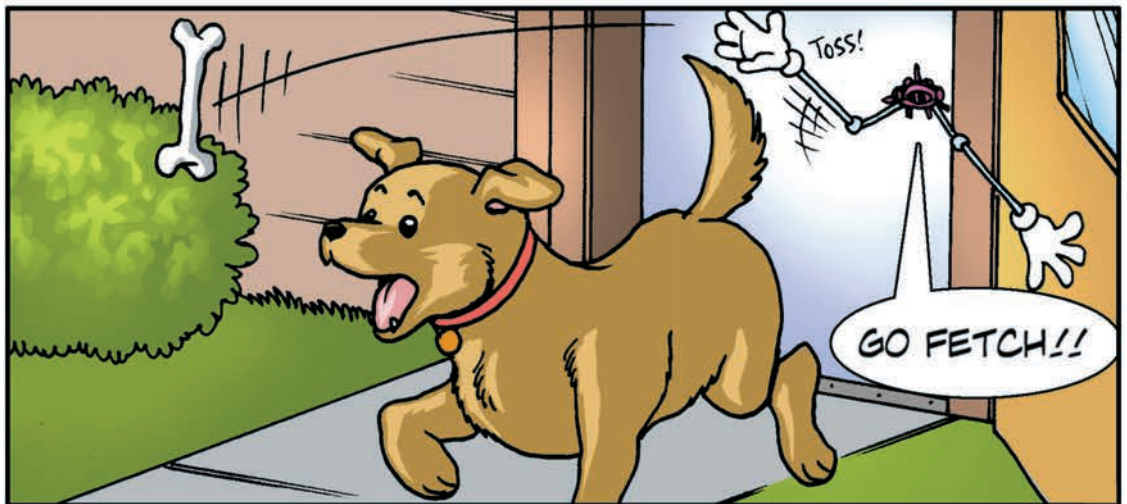
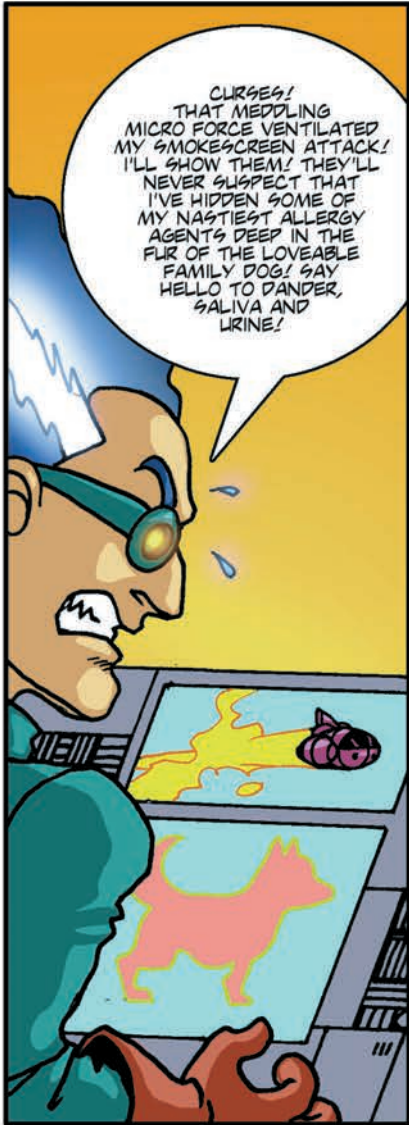




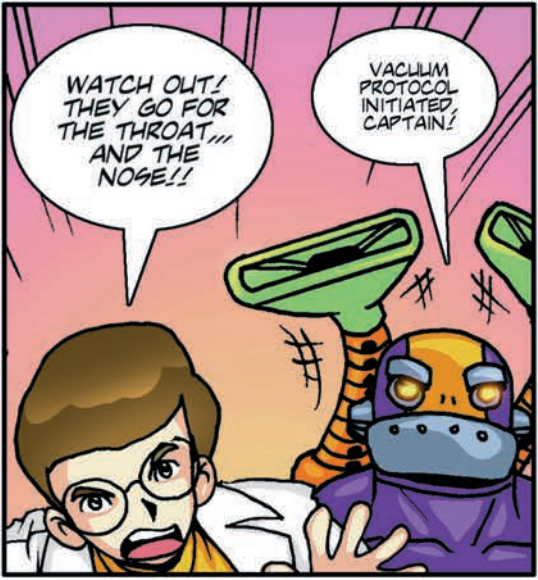
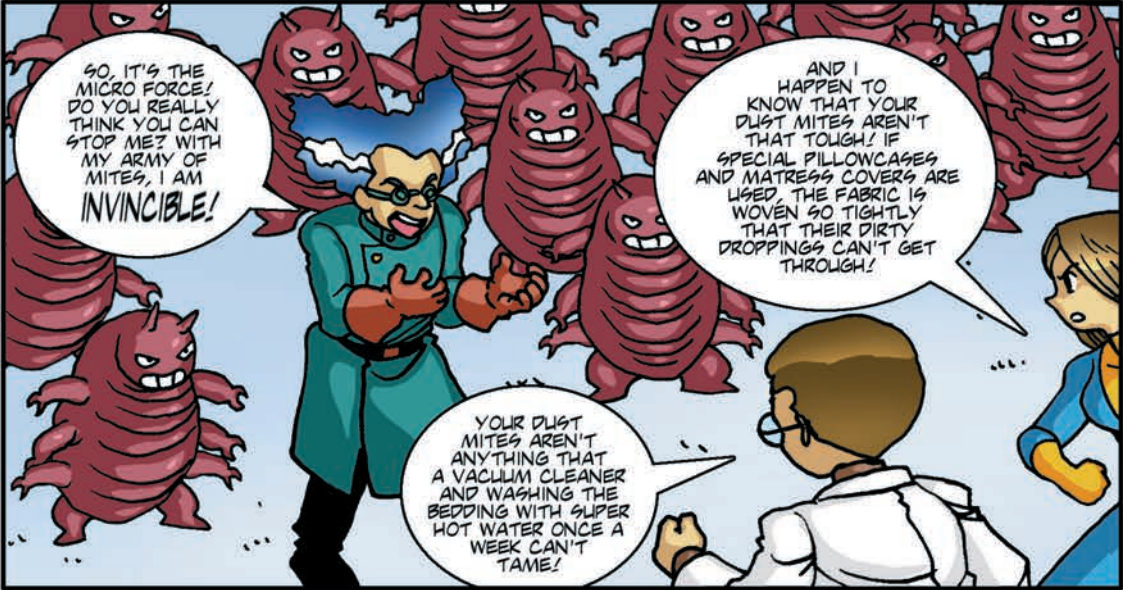


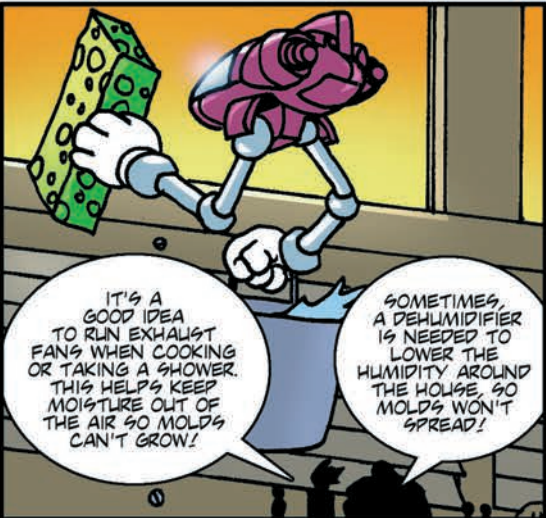
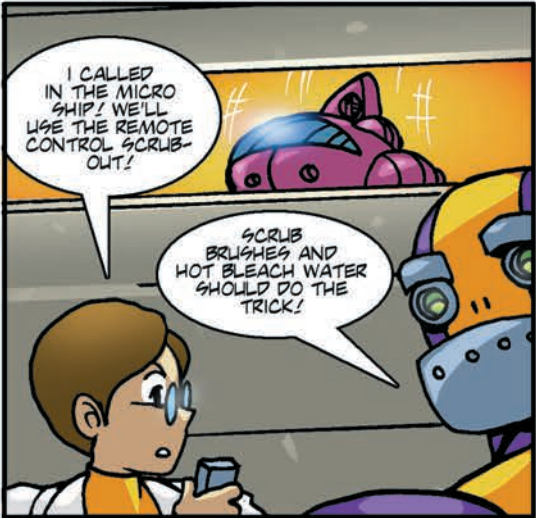
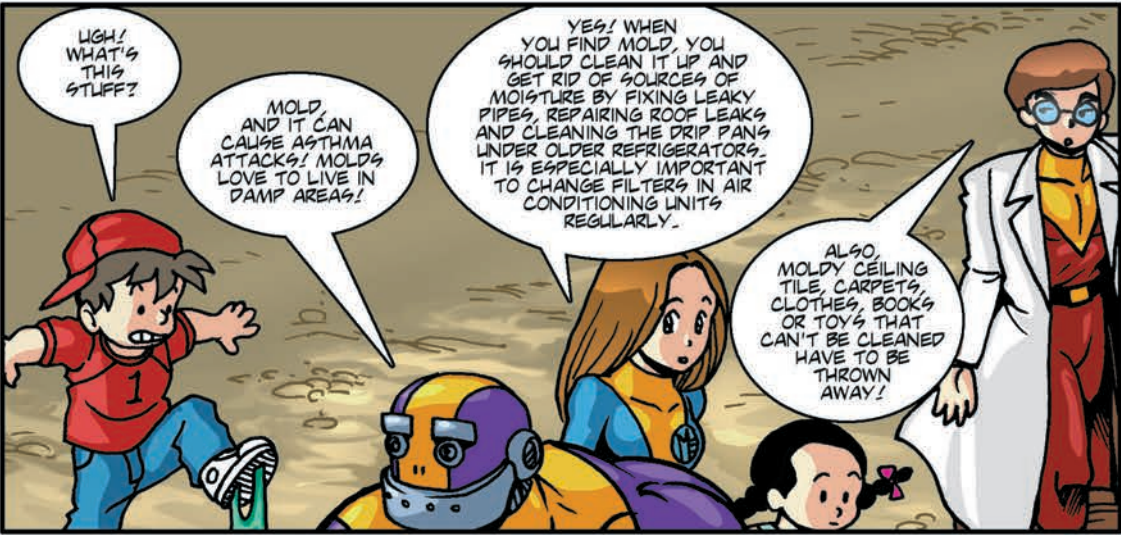




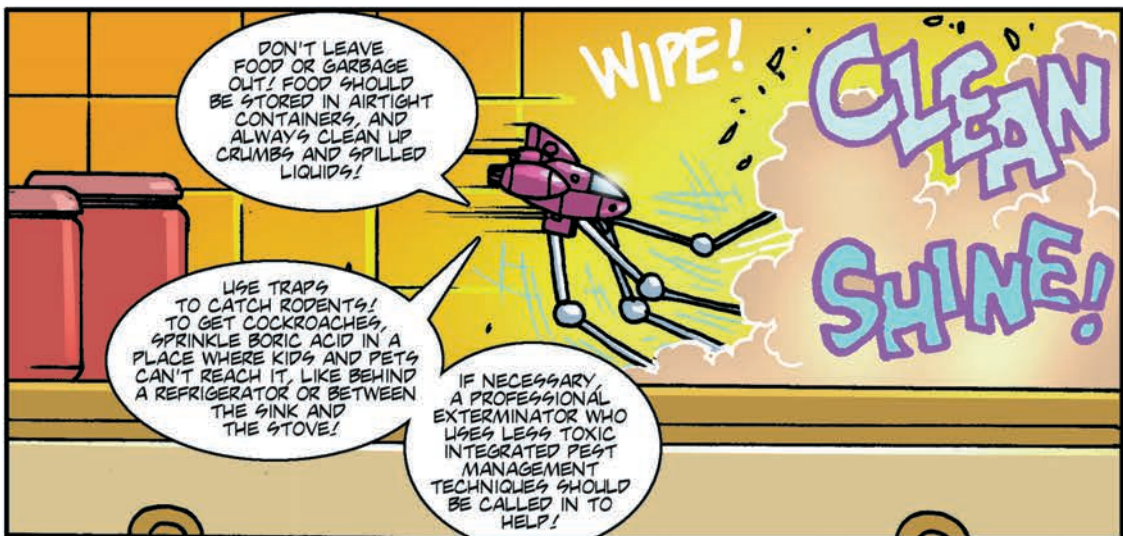


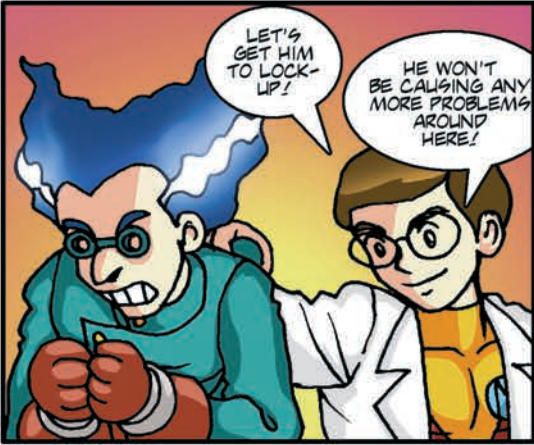
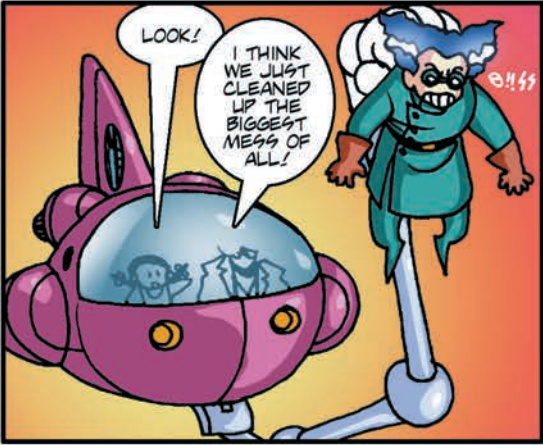










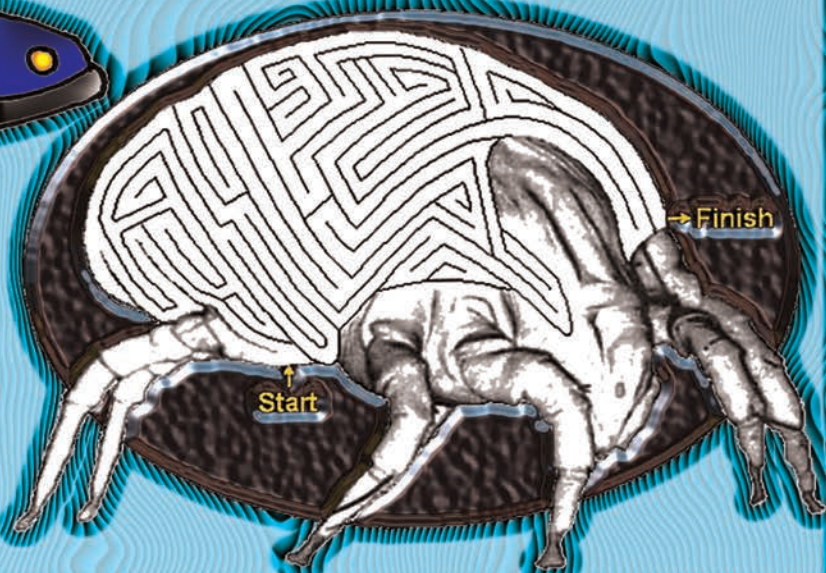


ASTHMA AWARENESS ACTIVITY PAGE

TAYRFEBGMJHLZWNC
 ESPTANIMALURINEC
 PPERFUMEUPMAPGDA
 RIWIOWOXRZIUFNQR
 APCANDLEESADBOICE
 CEACHEDLDTIPNNIX
 ESHMDUSTMITESRGH
 HMIJAIONOEYTEUAA
 TOVVNFYVIZBHGBRU
 NKRODENTSROACHES
 IEKUEOKGTMCIDSTT
 DPXNRHRQUJORMATF
 LQTGKMDTRKCLKYREU
 OWCRLSSJEXHFETSM
 MOLDYCEILINGTILE
 LBCEMICALSPRAYS

Circle the asthma triggers in this grid. They are hidden upside down, backwards, forwards and diagonally!

SMOKE
 MOLDS
 DANDER
 RODENTS
 CANDLES
 MOISTURE
 HUMIDITY
 PERFUME
 ROACHES
 CIGARETTES
 PET HAIR
 DUST MITES
 PIPE SMOKE
 ANIMAL URINE
 TRASH BURNING
 CHEMICAL SPRAYS
 CAR EXHAUST FUMES
 MOLD IN THE CARPET
 MOLDY CEILING TILE



Smoke is not good to breathe. It stings the eyes, the nose and the throat and can even trigger asthma by irritating the lungs.



Unscramble the letters in the list below to discover the many things that give off smoke.

1. GIRACS _____
2. UBRNIGN BARGAEG _____
3. ARCHLOAC LILGRS _____
4. REFIESPLAC _____
5. TECIRGATES _____
6. IPSPE _____
7. LECANDS _____
8. SIENENC _____
9. ACR HASUETX _____
10. ODWO TVSOES _____

Are there allergens afoot?

Carpets look nice and feel like cushions under your feet, but carpets can cause problems for people with allergies or asthma.

Carpet fibers are woven into a mat and are laid over a pad when installed in a room. The fibers and the mat can act like sponges for dirt, dust mites, food particles, dander, pollen and other yucky stuff to fall into.

Moisture from spills, leaks or animal "accidents" can soak into the pad providing the water mold spores need in order to grow. Even a carpet that looks clean can trap particles that people breathe when they vacuum, or when they walk, sit or lie on carpets.



CARPET ZOOM CAM



- Carpet fibers
- Pollen
- Dust mite droppings
- Mold

Special vacuums can be purchased to clean far deeper than the carpet surface. "HEPA" vacuums remove more of the very tiny particles that people can breathe. But the best option is to not use carpet at all. Floors can be covered with tile, linoleum, concrete or hardwood. These should be odor-free, so that chemical irritants are not released. Small, washable area rugs can be laid over these.



steer
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University of Texas Health Science Center-San Antonio
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San Antonio, Texas 78229-3900

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Draw a line from the irritant to the way to get rid of it!

- | | | |
|--------------------------------|---|---|
| 1. Dust mites in your pillow | Build a pet house outside | A |
| 2. Mold behind the dryer | Use an exhaust fan above the stove | B |
| 3. Cigarette smoke in the air | Have smokers go outdoors | C |
| 4. Humidity in the kitchen | Sprinkle boric acid in places where they hide | D |
| 5. Animal dander in the house | Unclog vents and make sure they vent to the outside | E |
| 6. Cockroaches in the kitchen | Wash with very hot water once a week | F |
| 7. Dust mites in your blankets | Use allergen impenetrable pillowcases | G |

- Matching:
1. Cigarettes
 2. Burning garbage
 3. Charcoal grill
 4. Fireplaces
 5. Cigarettes
 6. Pipes
 7. Condens
 8. Linense
 9. Car Exhaust
 10. Wood Stoves



ANSWERS

ANSWERS
1. G
2. B
3. C
4. D
5. E
6. F
7. A

MANTENGA SU HOGAR LIBRE DE LOS FACTORES QUE PUEDEN PROVOCAR EL ASMA



HUMO DE TABACO EN EL MEDIO AMBIENTE

El asma puede ser provocada por el humo de una colilla de cigarrillo, pipa, o cigarro como también por el humo exhalado por un fumador.

- ❑ Decida no fumar en su hogar o automóvil ni permita que otros lo hagan.



ÁCAROS DEL POLVO

Los ácaros del polvo son muy pequeños para ser vistos a simple vista, pero se encuentran en todas las casas. Estos viven en los colchones, almohadas, alfombras, muebles con tapiz de tela, colchas, ropa y en los muñecos de peluche.

- ❑ Lave las sábanas y colchas una vez por semana en agua caliente.
- ❑ Escoja muñecos de peluche que sean lavables, y lávelos con frecuencia en agua caliente, secándolos completamente. Mantenga estos muñecos fuera de las camas.
- ❑ Cubra los colchones y almohadas con forros que no permiten el paso del polvo (impermeable a los alérgenos) que tengan un cierre.



MASCOTAS

Las escamas de la piel que se desprende de los animales domésticos, orina y saliva pueden provocar el asma.

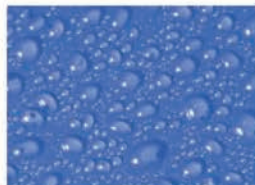
- ❑ Considere el mantener a las mascotas fuera de la casa o encontrarles un nuevo hogar si es necesario.
- ❑ Mantenga a sus mascotas todo el tiempo fuera del dormitorio o cualquier otra área que se utilice para dormir, y mantenga las puertas cerradas.
- ❑ Mantenga a las mascotas lejos de los muebles con tapiz de tela, alfombras, y muñecos de peluche.



MOHO

El moho crece en los lugares o materiales húmedos. La clave para controlar la aparición de moho es el control de la humedad. Si el moho es un problema en su hogar, límpielo y elimine el exceso de agua o humedad. Reducir la humedad también ayuda a reducir otros factores que provocan el asma, tales como los ácaros del polvo y las cucarachas.

- ❑ Lave el moho de las superficies duras y séquelas completamente. Los materiales absorbentes, tales como las baldosas de los techos y alfombras si tienen moho, probablemente deban ser repuestos.
- ❑ Compongá cualquier fuga de agua en los caños y tuberías y otras fuentes de su ministro de agua.
- ❑ Mantenga los recipientes para el drenaje de su refrigeradora, aire acondicionado y deshumecedor de ambientes, limpios y secos.
- ❑ Use extractores de aire o mantenga las ventanas abiertas de la cocina mientras cocina o use el lavaplatos y la de los baños mientras se baña.
- ❑ Coloque las salidas de aire de la secadora de ropa hacia el exterior.
- ❑ Mantenga la humedad dentro de la casa en un nivel bajo, entre 30 a 50% de humedad relativa. Los niveles de humedad pueden ser medidos con higrómetros que pueden comprarse en las ferreterías.



CUCARACHAS

El excremento o excreciones de las cucarachas pueden ser factores que provocan el asma.

- ❑ No deje alimentos ni basura a exposición del medio ambiente.
- ❑ Guarde los alimentos en envases bien cerrados o herméticos.
- ❑ Limpie inmediatamente todo desperdicio de los alimentos o líquidos derramados.
- ❑ Intente primero combatir las cucarachas usando venenos tipo bocados, ácido bórico, o con trampas antes de utilizar pesticidas en aerosol.

Si se usan aerosoles:

- ❑ Límitese a utilizarlos sólo en las áreas infestadas.
- ❑ Siga cuidadosamente las instrucciones que se encuentran en las etiquetas del producto.
- ❑ Asegúrese que haya suficiente aire fresco cuando utilice el aerosol, y mantenga a la persona que sufre de asma fuera del lugar.



No todos los factores que pueden provocar un ataque de asma (desencadenantes) que son mencionados en este folleto necesariamente afectan a todas las personas con asma. No todos los factores que pueden provocar el asma han sido mencionados aquí. Vea a su doctor o a su proveedor de cuidados de la salud para más información.

ADEMÁS...

EL POLVO DE CASA puede contener desencadenantes del asma. Quite con frecuencia el polvo con un trapo húmedo, aspire las alfombras y los muebles que tienen tapiz de tela para así evitar que éste se acumule. Cuando se está aspirando las personas alérgicas deben permanecer fuera de estas áreas. Utilizar aspiradoras con filtros de gran eficacia o el sistema de aspiración centralizado puede ser beneficioso.

Cuando los pronósticos del tiempo anuncian un DÍA CON UN ALTO NIVEL DE OZONO, trate de permanecer en casa lo máximo posible.

PARA MÁS INFORMACIÓN:

Agencia para la Protección del Medio Ambiente
<http://www.epa.gov/iaq>

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(800) 438-4318

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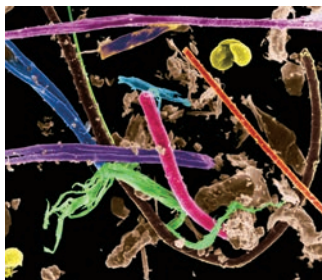
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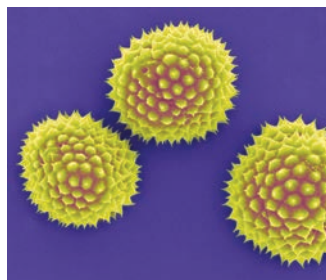
ALLERGEN ATTACK!

We inhale allergens from a wide variety of indoor and outdoor sources. Although invisible to the naked eye, these particles can cause serious illness. On this page are pictures of some common allergens, as seen under a microscope.



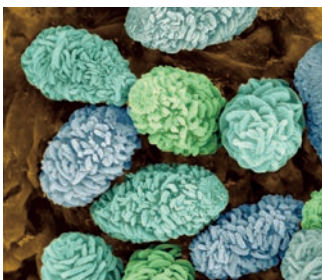
Dust

Ordinary house dust contains fibers, hair, pollen, insect parts, food particles, and animal dander. (Magnification x75)



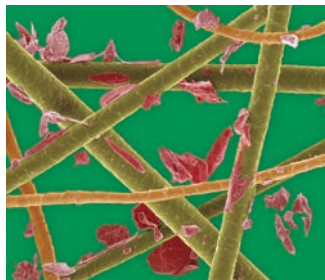
Pollen

Trees, grasses, and weeds release pollens that may set off seasonal allergies and asthma. (Magnification x340)



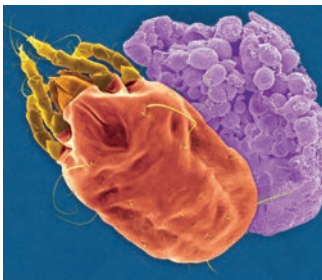
Mold Spores

Molds reproduce by releasing spores into the air. Inhaled, these spores produce allergies and asthma in sensitive people. (Magnification x1200)



Pet Dander

Dander (seen as skin scales clinging to hair) from furry pets may cause itchy eyes, nose, and skin, and can trigger asthma. (Magnification x80)



Dust Mites

People often sit or sleep with their noses very close to mite-infested pillows, bedding, stuffed toys, and upholstered furniture. (Magnification x70)

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