WHAT YOU NEED TO KNOW ABOUT AIR QUALITY TRIGGERS AND ASTHMA

90% THE AVERAGE AMOUNT OF TIME PEOPLE SPEND INDOORS

1 out 5 AMERICANS SUFFER FROM ENVIRONMENTAL ALLERGIES

50% LIKELIHOOD OF HAVING ENVIRONMENTAL ALLERGIES IF ONE PARENT HAS THEM

75% LIKELIHOOD OF HAVING ENVIRONMENTAL ALLERGIES IF BOTH PARENTS HAVE THEM

COMMON INDOOR ASTHMA TRIGGERS
- House dust
- Molds
- Pet dander
- Cockroaches
- Smoking and secondhand smoke
- Strong smells
- Infections
- Food and medicine allergies
- Strenuous exercise
- Stress and strong emotions
- Heartburn and reflux

$8 Billion THE ANNUAL COST ASSOCIATED WITH ENVIRONMENTAL ALLERGIES

4 Million LOST WORK DAYS PER YEAR AMONG AMERICANS DUE TO ENVIRONMENTAL ALLERGIES

INDOOR AIR QUALITY CAN BE 5X WORSE THAN OUTDOOR AIR QUALITY

COMMON OUTDOOR ASTHMA TRIGGERS
- Tree, weed, and grass pollens
- Mold
- Air pollution
- Smoke
- Car exhaust
- Weather

YOU CAN CONTROL TRIGGERS

KEEP POLLUTION OUT
- Make your home smoke free
- Keep humidity levels low
- Fix leaks and drips to prevent mold
- Don’t use scented candles or air fresheners
- Use less-toxic cleaning and household products
- Don’t store hazardous chemical inside
- Use hard surface flooring and dust twice a week to keep dust levels down

VENTILATE WITH CLEAN AIR
- Use exhaust fans in bathrooms
- Make sure gas appliances vent outdoors
- Install carbon monoxide detectors
- Open windows when you paint or use chemicals
- Make sure air vents are not blocked
- Have appliances inspected at least once a year

Learn more by going to asthma.chestnet.org

Read the CHEST Foundation Patient Education Disclosure at https://foundation.chestnet.org/patient-education-disclosure/