



Asthma Triggers in a Home Setting

Bedrooms

Carpets

House Dust Mites



How to avoid mites:

Sleep on top bunk



Minimal soft furnishings

Bathroom

Condensation

damp/mould

inadequate ventilation

aerosols

Kitchen

Gas cookers

Cleaning products

Use extractor fan

when cooking

Living Room

Air fresheners/incense/candles

Open fires/Wood burners



Pets

Smoke

Indoor flowers

Carpets

Outside

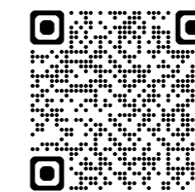
Car fumes/pollution

Pollen

Additional

DIY supplies such as paint
and brick dust

Find out more...



Beat Asthma
Resources



Triggers within the
home

This shows some things that can trigger asthma in some people, but not everything will be applicable to everyone.

For further tips on tackling mould visit <https://www.nenc-healthiertogether.nhs.uk/parents/carers/worried-about-daily-life/damp-and-mould>

