



# Asthma Triggers in a Home Setting

## Bedrooms

Carpets

House Dust Mites



How to avoid mites:

Sleep on top bunk



Minimal soft furnishings

## Outside

Car fumes/pollution

Pollen



## Additional

DIY supplies such as paint  
and brick dust

## Living Room

Air fresheners/incense/candles

Open fires/Wood burners



Pets

Smoke



Indoor flowers

Carpets

## Bathroom

Condensation

damp/mould

inadequate ventilation

aerosols

## Kitchen

Gas cookers

Cleaning products

Use extractor fan

when cooking

## 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-healthiertgether.nhs.uk/parentscarers/worried-about-daily-life/damp-and-mould>