

## How to Reduce Your Exposure to Triggers

- Don't bring **food** into the bedroom
- Keep **pets** out of the bedroom
- Caulk **holes** and **cracks** in walls and corners
- Remove **carpets** and **rugs** from the bedroom
- Wipe off **dust** regularly with a damp cloth
- Remove extra **dust-collecting items** from the bedroom
- Put away **stuffed animals** and **toys** in a bag or box
- Use zipper-encased, allergy-free **bedding** and **pillowcases**
- Replace curtains with **shades** or **blinds**
- Don't **smoke** inside the house
- Keep the **windows** closed during allergy season
- Keep indoor **humidity** under 50%
- Use only HEPA **vacuums** and **air purifiers**
- Tell your landlord (or call 311) to get rid of mold
- Use 'green' cleaning supplies or **water and vinegar**

# You can reduce your exposure to triggers.



## Make your bedroom trigger-free.

Developed by the Asthma Literacy Project for the South Bronx Asthma Partnership

