SEVEN ASTHMA PREVENTION TIPS FOR THE HOME

There is no quick fix cure for asthma. However, there are a number of simple preventative measures you can take to help manage your asthma such as:

1) LIMIT DUST

Regular vacuuming with a cleaner installed with a high quality filter to trap dust. Other furniture and household items should regularly be wiped down with a damp cloth to eliminate dust buildup.

2) AVOID MOLD SPORES

Always use an extraction fan in bathroom areas or open the windows after showering. Also, wipe excess water from walls and after showering to prevent mold from growing.

3) BAN INDOOR SMOKING

Smoking cannot only trigger asthma attacks but also increases the likelihood of a child developing asthma. Therefore, the home should be made a smoke free environment to prevent the potential problems it poses.

4) AVOID POLLEN

Pollen from flowers and grasses are a major trigger for asthma and should be avoided where possible.

5) FOOD PREPARATION SMELLS

The smoke and aromas given off when cooking can be a major irritant to asthma sufferers, so take steps to reduce such problems. If a proper extraction fan is not available, then ensure there is an open window in the kitchen to help the cooking smells to escape outside.

6) LIMIT PET CONTACT

If you own a cat or dog, it is a good idea to limit contact and wash your pet regularly as fine particles of hair, saliva and skin are all known asthma triggers.

7) REGULAR EXERCISE

Leading a healthy lifestyle is a great strategy to help manage asthma. Keep any medication within easy access and follow a doctor approved fitness regime. The benefits of exercise in controlling asthma cannot be overstated.

FOLLOWING THE SIMPLE ASTHMA PREVENTION MEASURES ABOVE WILL GREATLY REDUCE THE FREQUENCY AND SEVERITY OF ASTHMA ATTACKS. Prepared by CierrCorp/Detroit