



Creating Healthy Homes for Children and Families

10 Things you can do to help your child control their asthma

1. **Talk to their doctor.** Ask them if your child should have:
 - a. A controller medication
 - b. A prescription for a spacer chamber and/or a nebulizer mouthpiece
 - c. An Asthma Action Plan
 - d. An allergy test completed
 - e. A referral to an Asthma Specialist
2. **Talk to their school:**
 - a. Make sure their teacher and necessary staff understand your child has asthma.
 - b. Make sure your child has direct access to all necessary medications at school.
 - c. Make sure your child avoids their asthma triggers while at school.
3. Call Wayne CHAP at 313-863-2427 to ask if in-home **asthma education** is right for you.
4. Use only **asthma-friendly cleaning supplies**. **Do not** use bleach or cleaners with strong odors or chemicals. Use vinegar, baking soda, free and clear dish soap, and Murphy's Oil.
5. **Do not** smoke inside. Ask all guests to smoke outside. If you smoke outside, wear a "smoking jacket" like a hooded sweatshirt to keep smoke off of your clothes. Talk to your doctor about quitting smoking.
6. **Do not** put chemicals into the air.
 - a. **Do not** use air fresheners.
 - b. **Do not** use cleaning sprays.
 - c. **Do not** use incense.
7. Install a **furnace filter** that says it filters at least dust and pollen. Change it every three months.
8. Use protective mattress and pillow covers (encasements) to separate children from **dust mites** on their beds. The labeling should say that the covers protect against dust mites.
9. **Make repairs that help prevent asthma triggers:**
 - a. Clean up **mold** using a soapy solution. Paint over it with a mold-killing primer.
 - b. Stop leaks as you are able.
 - c. Get your furnace tuned up to make sure it works as well as possible.
 - d. Get rid of **mice and cockroaches** by using baits and traps. **Do not** use sprays.
 - e. Seal for areas of pest entry with caulk and steel wool.
10. Know when the **weather** will make your child's asthma worse, like on hot and **humid** days, in the springtime when there is more **pollen**, or in the **wintertime**, when it is cold. Help your child avoid the weather triggering their asthma.