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.