



According to the Asthma and Allergy Foundation of America, allergic asthma (extrinsic) is the most common type of asthma. It is triggered by inhaled allergens such as pollen and produces asthma symptoms including coughing, wheezing and shortness of breath.

TIPS AND TRICKS FOR THE SPRING

- 1) Replace furnace filters in your HVAC system regularly.

We suggest changing the air filter in your home every 90 or so days. One easy way to remember this, is to start switching it out with the change of every season.

- 2) Change your pillowcases and sheets.

You can get rid of pollen and dust mites by washing your sheets in hot water once a week. If dust mites are a particular problem allergy for you, consider encasing your mattress, box springs, and pillows with allergen-proof covers that help control and minimize allergens.

- 3) Vacuum carpets and dust to minimize allergens.

Carpets can trap allergens, so we recommend avoiding wall-to-wall carpeting. In cases where this is not

feasible, using a HEPA allergen vacuum can help cut down on dust mites and pet dander caught in the carpet. Next, dust bookshelves and other areas of your home that collect dust regularly. You can use a microfiber or electrostatic cloth that will hold on to the dust. When cleaning, it might be beneficial to use a mask to prevent yourself from inhaling any dust or allergens that get stirred up.

- 4) Avoid dog, cat, and other pet allergens.

Bathing your dog or even cat can help reduce the amount of dander they leave behind. Pet allergens are found in the saliva and dander of cats and dogs. It can also be helpful to wash your hands with soap and water after petting your dog or cat to help keep symptoms from flaring. We recommend keeping pets out of bedrooms to reduce allergens where you sleep.

- 5) Keep humidity levels below 50%.

Monitor the humidity level in your home and attempt to keep levels below 50%. This will discourage mold growth and reduce dust mites. Use a simple humidity meter to monitor levels and use a dehumidifier if needed. Use a vent fan to remove moisture in bathrooms and the kitchen.

ASTHMA ACTION COALITION

Please join us to learn more about asthma!

When: Every 2nd Tuesday on even months at 10AM – 11AM. Next meeting is June 11th 2019.

Where: The Frederick County Health Department.

Contact: 301-600-3343 or leadasthma@frederickcount

