

ASTHMA HOME ASSESSMENT RECOMMENDATIONS

Asthma Home Assessment Pilot Project

You're taking a great first step to remove asthma triggers in the home by having this environmental assessment. Here are some other steps that will help protect asthma patients in your home.

Actions you can take to address environmental asthma triggers at home:

Asthma outcomes are improved most when multiple steps are taken to reduce exposure to asthma triggers. Try to take all of the steps checked by your asthma home assessor.

* If you are a renter, contact Landlord about tests, repairs, or installations.

Smoking

- If you smoke or use vape products, take it outside or take steps to quit
- Don't smoke and don't allow visitors to smoke indoors. Smoke outside the home and car

Cooking

- Use exhaust fans over the stove. They should vent to the outside.*

Pets

- Do not allow "furry" pets to sleep in the bedroom of the family member with asthma
- Wash the furry pets regularly outside

Household dust and dust mites

- Wet clean and HEPA vacuum weekly, including carpet and upholstered furniture
- Use pillow and mattress covers to protect from dust mite allergens
- Regularly wash bedding, curtains and other fabric items in hot water and/or dry them in heat.

Cockroaches and rodents (mice/rats)

- Take safe action to get rid of pests in your home
 - Clean up food, use baits and traps, monitor the humidity and fix leaks
- Use safer pesticides as a last resort

Dampness and mold

- Fix leaks around bathroom and kitchen pipes, the roof, and water damage in the basement and other rooms*
- Remove damp carpet, drywall and other materials damaged by water
- Make sure the exhaust fans in the kitchen and bathroom work (test with a sheet of toilet paper). Use them.*
- Fix, maintain, or improve the heating and air conditioning systems*
 - Replace air filters as stated on the packaging

Chemicals

- Do not use air fresheners, incense or other scented cleaning products around a person who has asthma



Address: _____ Date: _____ Agency/Staff Initials: _____

Additional Recommendations

Resources

The following agencies and materials may be helpful as you take action to reduce asthma triggers in your home.

- Health Care Provider (asthma or allergy testing)
- Local health department (assessment agency)

Assessor name and contact information:

- Asthma Alliance of North Carolina: (919) 707-5401; <http://www.asthma.ncdhhs.gov>
- QuitLineNC: 1-800-QUIT-NOW (1-800-784-8669) or <http://www.QuitlineNC.com>
- NC Division of Public Health, Communicable Diseases Branch (to address pests), <http://epi.publichealth.nc.gov/cd/>, (919) 733-3419 (main number; 24 hours)
- Landlord and/or Local Housing Code Enforcement * (for renters)
- NC Healthy Homes, (919) 966-2463; <http://nchealthyhomes.com/>
- UNC Center for Environmental Health and Susceptibility, (919) 966-3746; <http://sph.unc.edu/cehs/>
- Local (County) Cooperative Extension Program
- Other resources:
