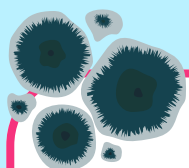


Breathe Easy NYC Asthma Guide



Mold and Ventilation

Mold can trigger asthma symptoms. Not all mold is the same, but some types, like black mold, are more harmful. Here's how to stay vigilant:

- Look for mold in: Bathrooms, kitchens, basements, and anywhere with high moisture.
- Colors to watch out for: Mold can be black, green, or even pink.
- What to do: If you spot mold, clean it with mold-killing solutions or seek professional help if the problem is extensive.

Proper ventilation in your home is vital to keeping air quality clean and free from excessive moisture, which can contribute to mold growth.

- Bathrooms and kitchens:
 - Ensure proper extraction fans are working to remove excess moisture and keep the air dry.



Allergens

Allergens are common triggers for asthma attacks. Knowing when and where allergens are can help manage symptoms.

- Pollen:
 - Pollen counts are often reported on the weather forecast or through apps.
 - When to be cautious: Spring and summer are prime seasons for high pollen levels, and windy days can stir up more allergens.
 - What to do:
 - Avoid outdoor activities when pollen counts are high.
 - Keep windows closed.
 - Use antihistamines as needed.
- Pet Dander and Pet Fur:
 - Pets, particularly cats and dogs, shed dander and fur, which can trigger asthma symptoms.
 - What to do:
 - Consider hypoallergenic pets if you're particularly sensitive.
 - Regularly vacuum with a HEPA filter.
 - Lint roll your clothes to remove pet fur.



Smoking

Exposure to secondhand smoke can worsen asthma symptoms and trigger attacks. Be mindful of smoking in your home or nearby.

- Adults who smoke in the household:
 - What to do:
 - Ask smokers not to smoke inside or near open windows.
 - Consider having a good smoke detector installed.
 - If smoke has already caused damage (like yellowing on walls and ceilings), clean or repaint affected areas.



Pests

Pests like cockroaches, rodents, and other insects can trigger asthma attacks. Ensure your home is free of infestations by:

- Sealing gaps and cracks in windows and walls.
- Keeping food and garbage tightly sealed.
- Using non-toxic pest control solutions if necessary.

Air quality

Outdoor air quality is a significant factor in asthma management. Poor air quality can trigger asthma attacks.

- What to do:
 - Check air quality through Google or air quality apps.
 - On bad air quality days, stay indoors with the AC running and windows closed.
 - Air purifiers can help improve indoor air quality.
 - Avoid areas with high traffic, like factories, highways, or waste sites.



Illness

When you're sick with a cold or flu, your asthma symptoms can worsen.

- What to do:
 - Stay extra vigilant about your asthma medications.
 - Avoid exposure to respiratory irritants.
 - Seek medical advice when feeling unwell.



What to Do During an Asthma Attack

Stay calm – Take slow, steady breaths

Use your rescue inhaler according to doctor's instructions

Sit up straight – This helps your lungs work better

Tell an adult – Let a teacher, parent, or other grown-up know right away

Follow your asthma plan – If you have one, use it to know what steps to take

Go to the doctor or hospital if needed – Especially if your inhaler isn't helping



What Not to Do During an Asthma Attack

Don't lie down – It can make breathing harder

Don't ignore it – Even if you think it will go away

Don't run around or play – Rest until you're breathing better

Don't take medicine that's not yours – Only use your inhaler or medicine

