

ASTHMA TRAINING FOR PARENTS

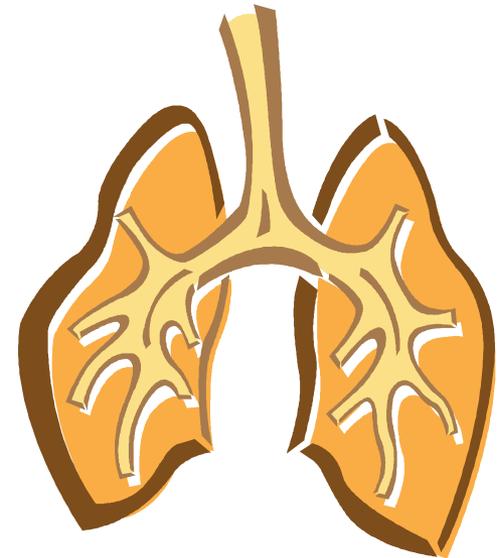


OBJECTIVES

- At the completion of the training, parents will be able to:
 - Define asthma
 - Identify causes of asthma
 - Identify several indoor and outdoor asthma triggers that may exist in the home environment
 - Identify common signs and symptoms of an asthma attack
 - Indicate methods to minimize and/or avoid asthma triggers in the home
 - Identify ways to manage children diagnosed with asthma
 - Identify resources available to families with asthmatic children

WHAT IS ASTHMA?

- Asthma is a chronic, inflammatory disease of the respiratory system that causes the airways of the lungs to tighten and constrict



ASTHMA FACTS

- Currently, there is no cure for asthma
- Asthma is the leading cause of missed school days among school-aged children
- Children from lower income families and those living in urban areas or unclean areas are more at risk for asthma
- Asthma accounts for many hours of disrupted sleep and routine activities
- Asthma and allergies are often related and influence one another



CAUSES OF ASTHMA

- There is no single cause for asthma
- Children are more likely to develop asthma if their parents have it
- Exposure to some viral infections as infants when the immune system is not fully developed may lead to asthma

SIGNS & SYMPTOMS

- Common signs and symptoms include:
 - Excessive coughing
 - Wheezing
 - Chest tightness
 - Shortness of breath



INDOOR ASTHMA TRIGGERS

- Animal dander
- Cockroaches
- Mold
- Secondhand smoke
- Dust
- Dust mites
- Perfumes & sprays
- Cleaning products



OUTDOOR ASTHMA TRIGGERS

- Pollen
- Air pollution
- Cold air exposure
- Secondhand smoke



OTHER ASTHMA TRIGGERS

- Respiratory infections (Cold, Flu, Pneumonia, Bronchitis)
- Foods (Nuts, Eggs, Milk, Shrimp, Citrus Fruit)
- Allergies
- Exercise

ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

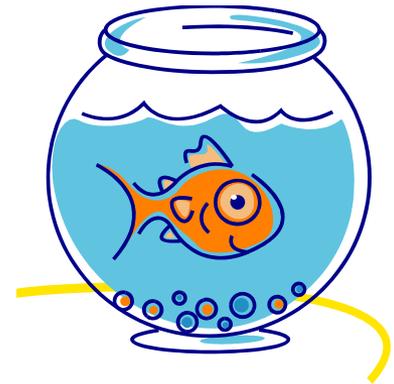
- Common asthma triggers found in the home environment include:
 - Cockroaches
 - Rodents
 - Mold
 - Animal dander
 - Dust and dust mites
 - Cleaning products



ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

● Animals and Pests

- Keep household pets off of furniture
- Keep pets in clean, caged environments if needed
- Ensure that household pets are groomed regularly
- Isolate pets away from children diagnosed with asthma or known allergies
- Place animals cages away from air vents to avoid circulation of dander
- Opt to have no pets or pets that don't produce dander



ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Animals and Pests

- Keep food containers sealed and properly stored
- Remove food particles off of tables and countertops
- Sweep, vacuum, and mop floors regularly
- Remove trash daily



ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Animals and Pests
 - Fix plumbing and moisture problems as soon as possible
 - Do not leave standing water in air conditioning or refrigerator drip pans

ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Animals and Pests
 - Place outdoor trash cans away from the entrance of the home to minimize opportunities for pests to enter
 - Remove areas of clutter where pests may hide
 - Seal cracks and crevices in the home's foundation through which pests can enter



ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Mold and Moisture Control
 - Fix plumbing and moisture problems as soon as possible to minimize or prevent mold growth
 - Provide adequate ventilation in the home
 - Address signs of water damage and/or mold growth as soon as noted
 - Avoid installing carpet in areas likely to be exposed to moisture

ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Secondhand Smoke
 - Promote a home environment that is smoke-free
 - Educate and encourage family members that smoke to do so outside and away from your children



ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Dust and Dust Mites
 - Keep rooms in the home as clean and clutter free as possible
 - Dust furniture regularly with a damp cloth and allow sufficient time to dry
 - Wash pillows, blankets, and stuffed toys often



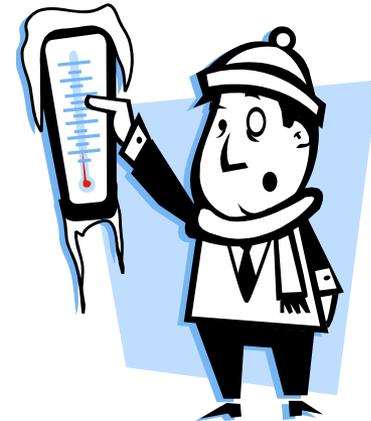
ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Perfumes and Cleaning Products
 - Limit the use of scented aerosols and perfumes in the home
 - Use cleaning supplies in the absence of children and in areas with adequate ventilation



ASTHMA TRIGGERS IN THE HOME ENVIRONMENT

- Outdoor Triggers
 - Be mindful of outside play time when grass is being cut
 - Consider limited outside play time when the weather is extremely cold



PREVENTING AND MANAGING ASTHMA EPISODES

- Prevention
 - Maintain an asthma friendly environment in the home
 - Educate family members on their role to help ensure their home is asthma friendly

PREVENTING AND MANAGING ASTHMA EPISODES

- Managing Children with Asthma
 - Parents should be familiar with their child's asthma condition and asthma triggers
 - Parents should review with their child's medical provider what measures need to be taken if their child has an asthma exacerbation



PREVENTING AND MANAGING ASTHMA EPISODES

- Managing Children with Asthma
 - Ensure appropriate family members are aware of your child's asthma status and how to respond
 - Make sure that daycare providers are aware of your child's asthma condition and how to respond
 - Be sure that family members know when it is appropriate to call 911 for additional help

QUESTIONS



CONTACT INFORMATION

U.S. Environmental Protection Agency

Region 4

Asthma Program-Heidi LeSane

404-562-9074

LeSane.Heidi@epa.gov

www.epa.gov/asthma

Pilot Project sponsored by EPA and HHS with permission from Duval Health Department to reproduce.

