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
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**
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
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
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
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
Outdoor Triggers

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

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