

# Keep Asthma Under Control with These Healthy Home Tips

With many families spending all their time at home, the [DC Healthy Housing Collaborative](#) is sharing the following tips you can follow to help keep your asthma or your child's asthma under control.



## **TIP #1: REMOVE YOUR SHOES AT THE DOOR**

Take off your shoes when you come into the house. This will help keep out allergens, dust and dirt.

## **TIP #2: KEEP DUST MITES OUT OF YOUR BED**

Cover your pillow and your mattress with protective coverings like a zippered allergy pillow protector. Wash pillow covers, bed sheets and blankets in warm water regularly to get out dust and allergens that can trigger asthma.

## **TIP #3: KEEP DUST MITES FROM LIVING ON YOUR CHILD'S STUFFED ANIMALS**

If your child sleeps with a stuffed animal, put it in the dryer for an hour once a week or put it into a plastic bag and freeze it for a few hours once a week.

## **TIP #4: CLEAN FLOORS AS MUCH AS POSSIBLE**

Sweep or vacuum floors and carpets every day or as often as you can.



## **TIP #5: KEEP PET HAIR UNDER CONTROL**

It is especially important to keep floors clean if you have a pet. Pet hair can cause asthma attacks. Make sure the pet stays out of your bedroom and your child's room.

## **TIP #6: KEEP PESTS AWAY**

Pests like mice or cockroaches can trigger you or your child's asthma. Read our pest tips sheet for ways to keep them out of your home.

## **TIP #7: TRY TO KEEP MOLD FROM GROWING IN YOUR HOME**

Mold likes to grow when there are wet places in your home. If you rent your apartment or home, your landlord may be responsible for fixing the mold and the cause of the water leak. Visit our website for more information on mold.