

Steps to Follow to Reduce ASTHMA TRIGGERS in the Child Care Setting

A trigger is something that can make asthma worse.
Here are common triggers and what you can do in your child care program.



Dust

At the end of the day when the children are gone:

- wipe surfaces clean & remove clutter
- clean floors with a damp mop & vacuum carpets daily



Fumes & Strong Odors

Avoid using products with strong odors like:

- cleaning supplies
- air fresheners
- art supplies
- scented body care products



Furry & Feathered Animals

Keep furry & feathered pets such as dogs, cats, and birds out of your child care setting



Tobacco Smoke

Provide a smoke free child care environment



Pests

Keep garbage in tightly covered containers, food in air tight containers, and repair cracks in walls, floors & ceilings



Colds & Respiratory Infections

Wash your hands & the children's hands often; ensure all children receive a flu shot



Mold & Mildew

Wipe up all spills and fix leaks so the wet areas are dry within 24 hours



Strong Emotion

Calm the child down, have the child sit down & follow the child's Asthma Treatment Plan



Very Hot/Cold Weather

Follow the child's asthma treatment plan to know when the child needs to stay inside



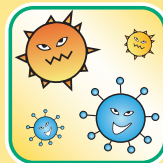
Exercise

Some children may need to take asthma medication before active play; check their asthma treatment plan



Ozone and High Pollen Alert Days

Plan play activities for indoors



Dust Mites

Stuffed toys, dress up clothes, bed linens & blankets should be washed in hot water weekly



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